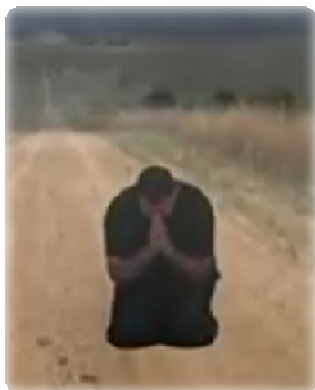


## How Do We Manage Guilt?

**Proverbs 24:16: (NASB) *For a righteous man falls seven times, and rises again, but the wicked stumble in time of calamity.***



We have all made mistakes in our lives and we have all had the experience of carrying those mistakes with us often unnecessarily in the form of guilt. Left unattended, guilt like this can turn to shame which can bring darkness. How does a Christian overcome deep and debilitating guilt and shame over past mistakes? Because we are sinners, aren't we inherently guilty? Is guilt good? Is guilt bad? How does the Bible say we should deal with this? Stay with us!

### Are guilt and shame the same?

(One example of a word used in the Old Testament)

**Guilty:** Strongs #816 (one of the words used):

1) to offend, be guilty, trespass

1a1) to do wrong, offend, trespass, commit an offense, do injury

1a2) to be or become guilty 1a3) to be held guilty 1a4) to be incriminated

**Numbers 5:6-7: (NASB) *'Speak to the sons of Israel, When a man or woman commits any of the sins of mankind, acting unfaithfully against the LORD, and that person is **guilty**, then he shall confess his sins which he has committed, and he shall make restitution in full for his wrong and add to it one-fifth of it, and give it to him whom he has wronged.***

(One example of a word used in the New Testament) **Guilty:** Strongs #1777: 1) bound, under obligation, subject to, liable...1b1) guilty, worthy of punishment

**James 2:10: (NASB) *For whoever keeps the whole law and yet stumbles in one point, he has become **guilty** of all.***

### Shame vs. guilt, *Listening to Shame, Dr. Brené Brown, TED Talk*

- Shame drives two big tapes: "Never good enough" and if you can talk it out of that one, "who do you think you are?" The thing to understand about shame is it's not guilt. Shame is a focus on self and guilt is a focus on behavior.
- Shame is: "I am bad." Guilt is: "I did something bad."
- How many of you, if you did something that was hurtful to me, would be willing to say, "I'm sorry, I made a mistake." How many of you would be willing to say that? Guilt: "I'm sorry, I made a mistake." Shame: "I'm sorry, I AM a mistake."
- There is a huge difference between shame and guilt. And here's what you need to know: Shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders. And here's what you need to know even more: Guilt is inversely correlated with those things.

If we never let guilt go, shame can define who we have become. Guilt can keep you from many of the negative behaviors associated with shame.

(One example of a word used in the Old Testament)

**Shame:** Strongs #7036: shame, disgrace, dishonor, ignominy

**Proverbs 13:18: (NASB) *Poverty and **shame** will come to him who neglects discipline, but he who regards reproof will be honored.***

Back in those days if you were not disciplined, it would show in comparison to the rest of society. In our society...not so much, unfortunately.

(One example of a word used in the New Testament) **Shame: #152**

- 1) the confusion of one who is ashamed of anything, sense of shame
- 2) ignominy, disgrace, dishonor

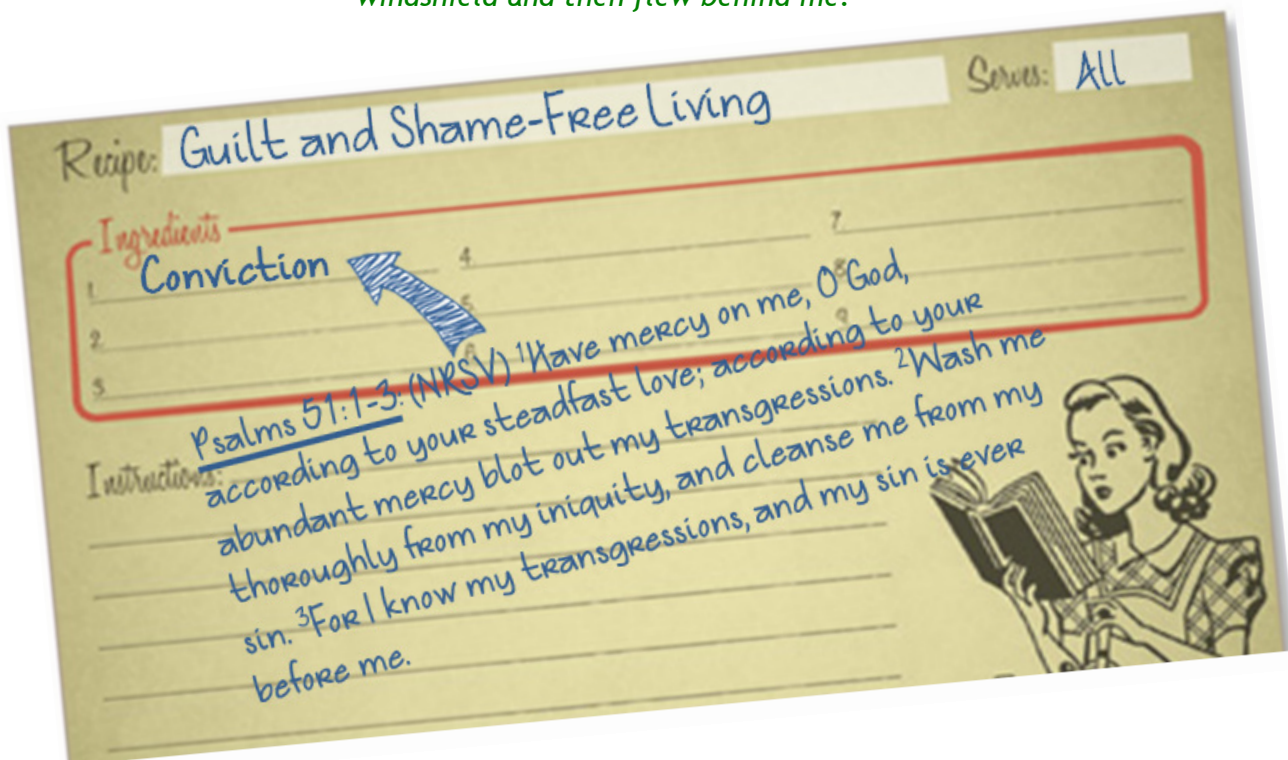
Philippians 3:19: (NASB) ...whose end is destruction, whose god is their appetite, and whose glory is in their **shame**, who set their minds on earthly things.

This is talking about those posing as Christians but who are in it for the personal glory. Their shame is presented before God.

We will soon talk about when shame can be a good thing. But when it is not teaching us something, we need to learn how to get rid of it, because it can be destructive.

 Introduction, *Twisted Grief*, a guest on Dr. Phil

- *I can remember in slow motion, all of a sudden to see this tip of a brown thing on the front of my car. It was a little boy, his name was Stewart. Stewart hit the front of my car, hit the top of my car, hit my windshield, shattered my windshield and then flew behind me.*



Our first ingredient is to have a **RIGHTEOUS CONVICTION OF HEART and MIND** towards that which we have done. This is the *opposite* of the denial we so often experience.

## Can shame or guilt be a good thing?

### A reason for guilt and shame:

**Acts 9:1-5:** (NIV) <sup>1</sup>Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest <sup>2</sup>and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. <sup>3</sup>As he neared Damascus on his journey, suddenly a light from heaven flashed around him. <sup>4</sup>He fell to the ground and heard a voice say to him, Saul, Saul, why do you persecute me? <sup>5</sup>Who are you, Lord? Saul asked. I am Jesus, whom you are persecuting, he replied.

Guilt and shame can help us identify where we should and should not go.

### Healthy shame is a boundary, John Bradshaw

- *Healthy shame is knowing your limits. In fact, healthy shame is the feeling that lets me know that I'm limited. If I don't have healthy shame, I'm not in touch with my basic boundary. A boundary is, "no, don't come any closer." That's like when a country has to guard its borders. A person without boundaries is like a country without any borders.*

A healthy shame should stop us in our tracks, whether it is by observation or personal experience. It can be a boundary to prevent us from going where we should not go.

### A reaction to the guilt and shame:

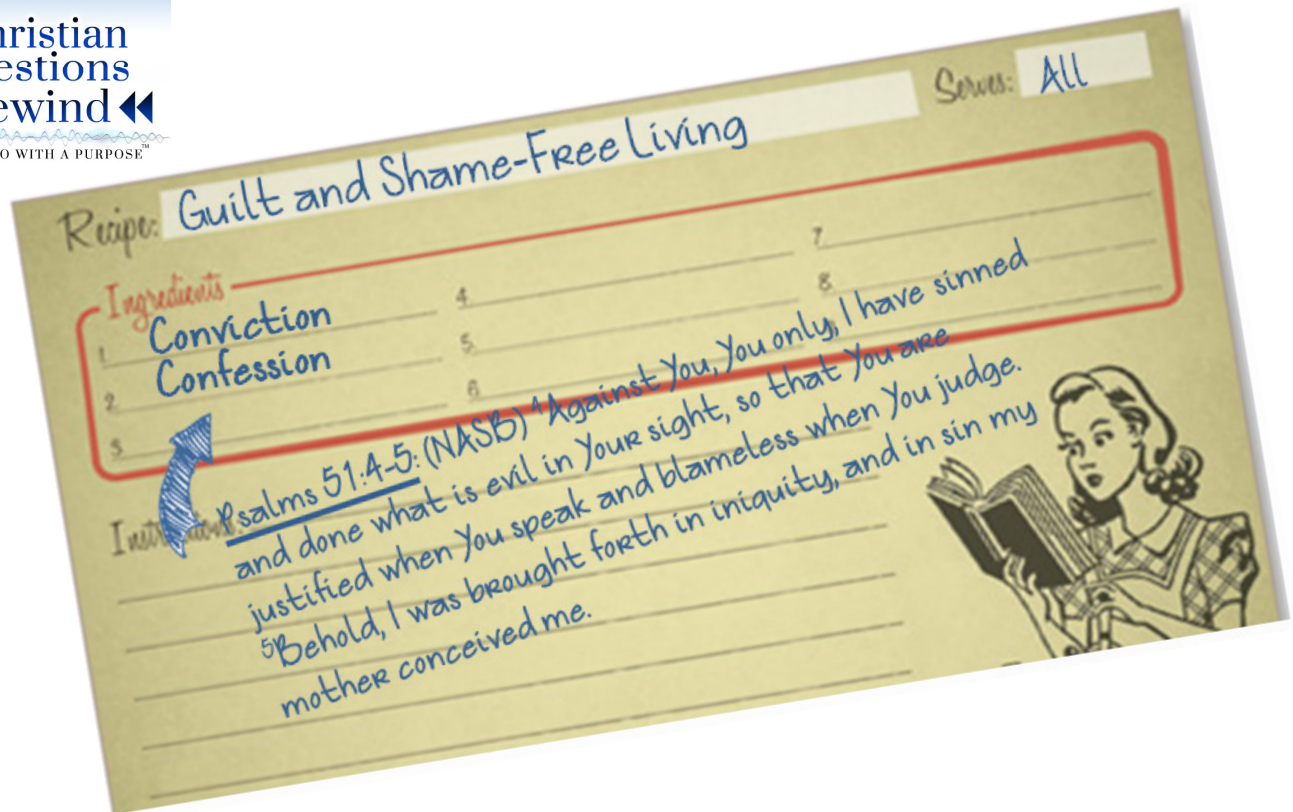
**1 Corinthians 15:9-11:** (NIV) <sup>9</sup>For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. <sup>10</sup>But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them--yet not I, but the grace of God that was with me. <sup>11</sup>Whether, then, it was I or they, this is what we preach, and this is what you believed.

The Apostle Paul had to live with what he had done in his past while persecuting Christians. He took his human emotion of worthlessness and realized that God gave him this privilege anyway. Through the grace of God, he used his guilt and shame to move him forward. It did not paralyze him.

### Graphic result, Twisted Grief, a guest on Dr. Phil

- *I immediately slammed on the brakes and can remember thinking to myself, what just happened? I got out of my car and ran over to Stewart. I remember as I walked up to him the whole lower half of his body had been turned around. His arms were just kind of out to the side and his face was bruised. I remember yelling at him to get up.*

Grief, anxiety, sorrow...can you image all of the emotions one would feel in this circumstance? There is no hope in that moment, so guilt and shame begin their work. It can begin a good work or a nasty, debilitating work.



### Enter the forgiving power through Jesus:

1 John 1:7-9: (NASB) <sup>7</sup>but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. <sup>8</sup>If we say that we have no sin, we are deceiving ourselves and the truth is not in us. <sup>9</sup>If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Not only are we forgiven, but we are cleansed from our unrighteousness. But we first have to bring our sin to God and Jesus.

 **Antidote for shame, *Listening to Shame*, Dr. Brené Brown, TED Talk**

- If we are going to find our way back to each other, we are going to have to understand and know empathy, because empathy is the antidote to shame. If you put shame in a petri dish, it needs three things to grow exponentially: secrecy, silence and judgment. If you put the same amount of shame in a petri dish and douse it with empathy, it cannot survive. The two most powerful words when we are in a struggle: "Me, too." So, if we are going to find our way back to each other, vulnerability is going to be that path.

We of all people should be tuned into the "me, too" empathy that provides hope in darkness. Empathy douses guilt and shame by mutually building one another up rather than allowing them to grow and fester in darkness alone.

Romans 15:1: (NASB) Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves.

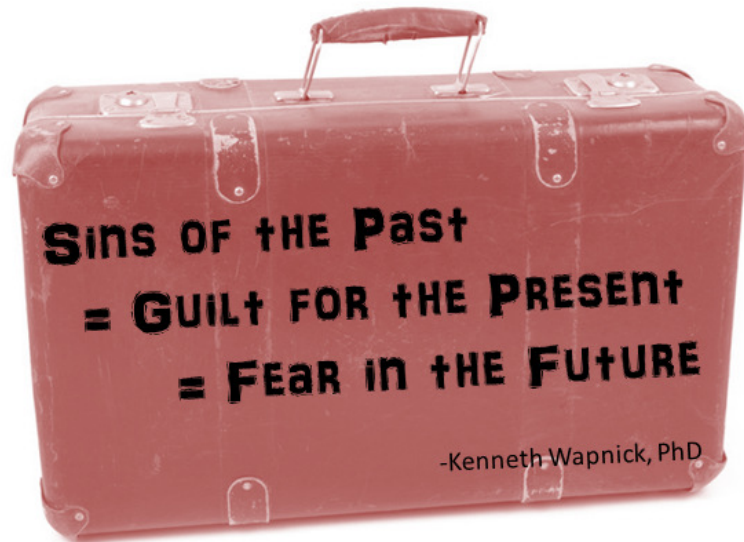
Get involved in each other's lives.

Galatians 6:2: (NASB) Bear one another's burdens, and thereby fulfill the law of Christ.



What are the consequences of living in guilt or shame?

# CARRYING GUILT...



Proverbs 28:13-14: (NASB) <sup>13</sup>He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion. <sup>14</sup>How blessed is the man who fears always, but he who hardens his heart will fall into calamity.



We can harden our hearts against forgiveness by only focusing on our transgressions. This is saying, "Somehow what I did is *bigger* than what Jesus forgave me for."



**The funeral, Twisted Grief, a guest on Dr. Phil**

- Stewart's parents contacted my family and asked us if we would like to attend the funeral. It was an open casket. My father was almost pushing me. I can remember being very reluctant and almost holding my arms out and dragging my feet. As I saw him, I can remember how beautiful of a boy he was. He looked very peaceful. There was just a flood of emotion and I started screaming and my dad walked me outside. This accident has impacted my life in just about every way possible.



Shame and guilt are - should be - necessary pit stops in the race of our lives, but should never under any circumstances be our home address.

We can truly trust in the forgiveness of Jesus. Do we consider spiritual things while we go about our daily lives? Rick tells the story of his recent zip lining



adventure through the treetops and equates the harness attached to the cable as the forgiveness of Jesus. Are you willing to leap off the safety of the "platform" of guilt and shame into just the "harness" of Jesus, leaving the guilt and shame behind?



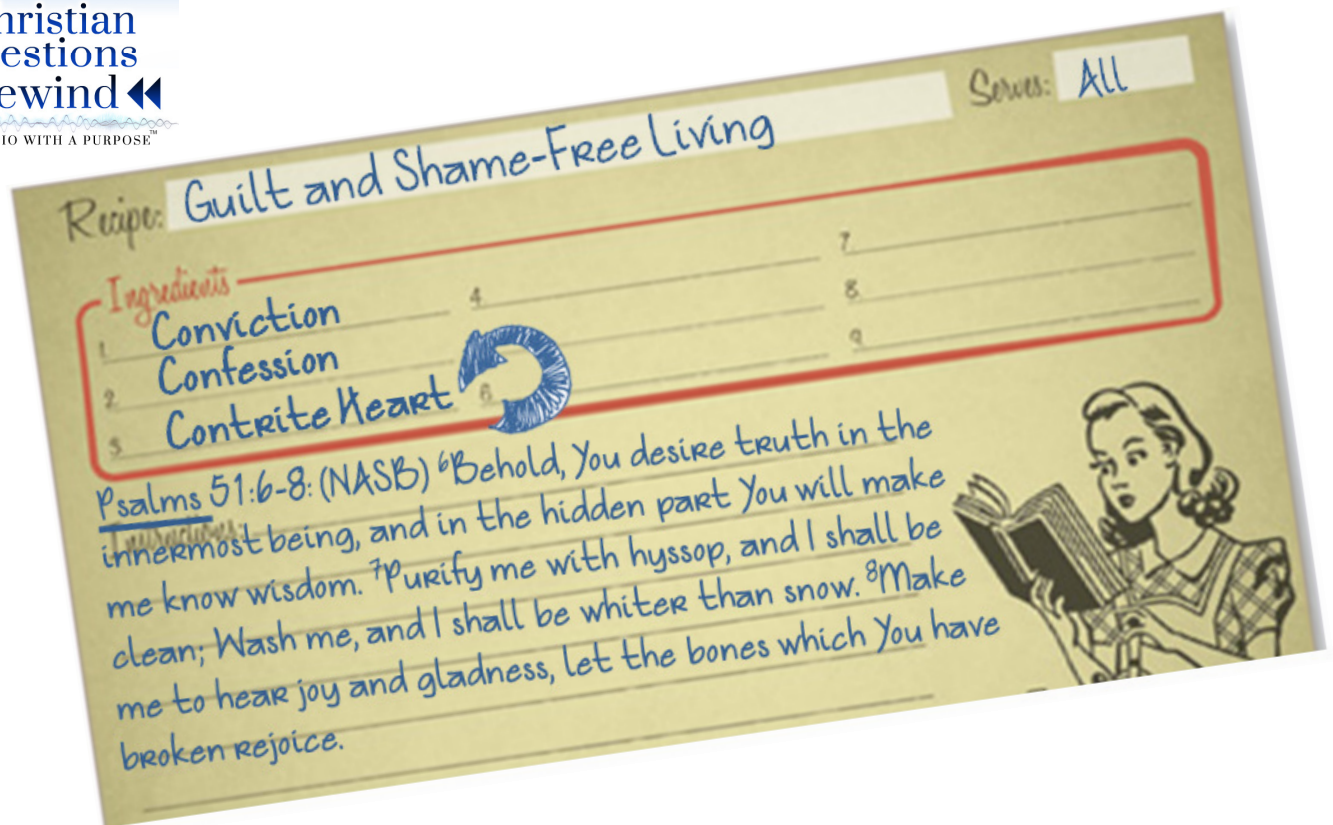
In what do you have the most faith...your shame and guilt? Or the forgiveness of God?

Romans 8:6-7: (NASB) <sup>6</sup>For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, <sup>7</sup>because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so...

 **Shame in women vs men, Listening to Shame, Dr. Brené Brown, TED Talk**

- *For women shame is: Do it all, do it perfectly and never let them see you sweat. I don't know how much perfume that commercial sold, but I guarantee you, it moved a lot of anti-depressants and anti-anxiety meds. Shame for women is this web of unattainable, conflicting competing expectations about who we are supposed to be. And it's a straightjacket.*
- *For men, shame is not a bunch of competing and conflicting expectations. Shame is one: Do not be perceived as weak.*





The contrite heart focuses on whatever it takes to be made whole.

### Jesus is the source of true healing:

Luke 4:18: (KJV) *The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,*

We need to know we are broken so that we can stand in the line for repair in the hands of God. If we stay in guilt and shame, we are instead in the line of Satan to be broken. We need to keep these things in perspective.

### Rest of my life paying, *Twisted Grief*, a guest on Dr. Phil

- *Since the accident, I fear that the people I love will be affected or will die. I worry about Maddox (my son) who is just a year old now. And I fear that something like this could happen to him as well. I put all my efforts into keeping Maddox safe. I have a baby monitor that I watch constantly. I check on him three, four, five times a night. I'm very cautious about where I take him, who touches him, where he goes.*
- *I live with a lot of guilt from the accident. Because Stewart's life was taken, I need to spend the rest of my life paying for that.*

She isn't allowing herself to grow from the experience.

If we put our faith in the healing power of Jesus, we can then live with guilt being our compass to determine right and wrong and shame becoming our standard of behavior.

**Matthew 12:20-21:** (NASB) <sup>20</sup>*A battered reed He will not break off, And a smoldering wick He will not put out, Until He leads justice to victory.* <sup>21</sup>*And in His name the Gentiles will hope.*

God understands our pain, suffering, guilt and shame. Put Jesus in our lives as Lord and Master. The power of forgiveness is in Jesus' hand. Live a life forgiven!

**Matthew 11:28-30:** (NASB) <sup>28</sup>*Come to me, all who are weary and heavy-laden, and I will give you rest.* <sup>29</sup>*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.* <sup>30</sup>*For my yoke is easy and my burden is light.*

### What is the difference between feeling guilty and being guilty?

This text presents us with a contrast between earthly and heavenly ambition - one leads to shame, the other to glory:

**Philippians 3:17-21:** (NASB) <sup>17</sup>*Brethren, join in following my example, and observe those who walk according to the pattern you have in us.* <sup>18</sup>*For many walk, of whom I often told you, and now tell you even weeping, that they are enemies of the cross of Christ, <sup>9</sup>whose end is destruction, whose god is their appetite, and whose glory is in their shame, who set their minds on earthly things.* <sup>20</sup>*For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; <sup>21</sup>who will transform the body of our humble state into conformity with the body of his glory, by the exertion of the power that he has even to subject all things to himself.*



Guilt and shame can be baggage that prevents us from getting to where we want to go. Limit the amount of carry-ons you take!

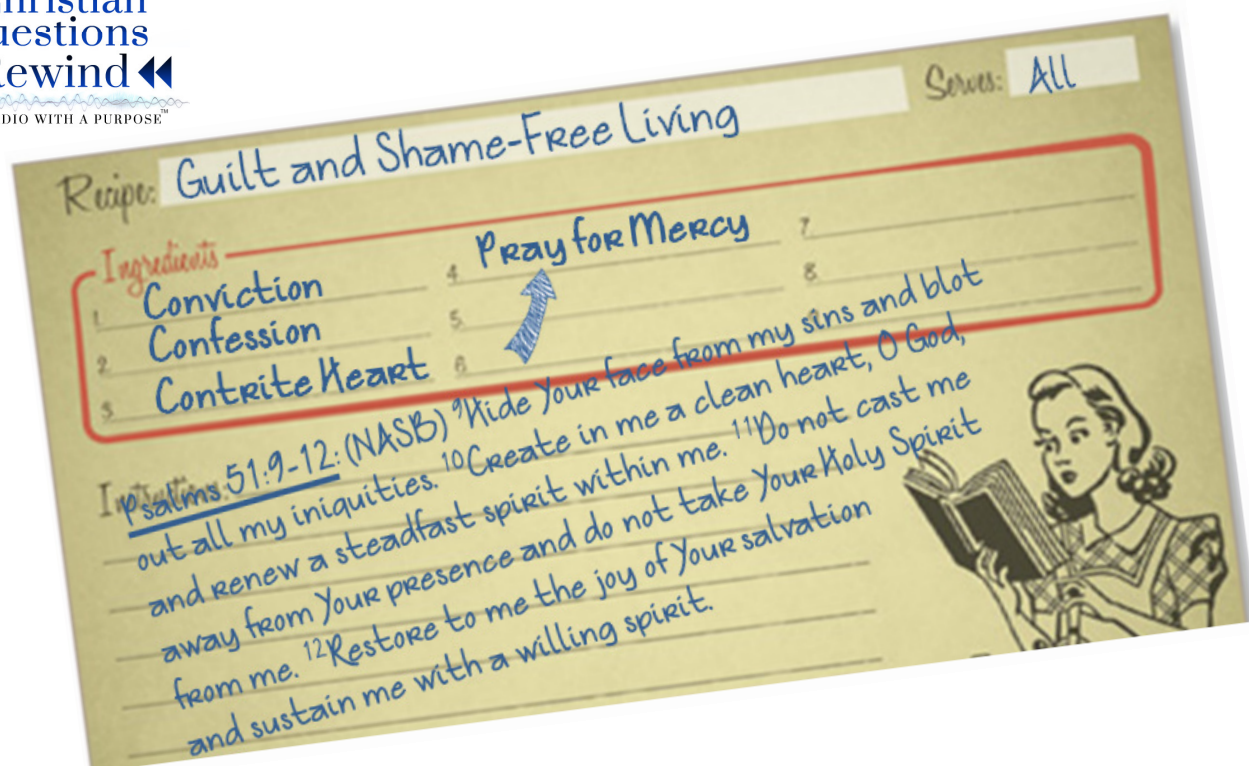
### What about true guilt?



Guilty for what, *Blame, Remorse and Guilt, Charles Manson*

- (Reporter) *It's clear that you were guilty of murder, and yet he says in all his conversations with you he never heard you express remorse. Have you never felt it?*
- (Manson) *Remorse for what? You people have done everything in the world to me - doesn't that give me equal right? I can do anything I want to you people and anytime I want to, because that's what you've done to me! There's no need to feel guilty - I haven't done anything I'm ashamed of.*





Grab ahold of any one of these ingredients we are going over and you will have access to them all!

### It takes God's mercy...

Ephesians 4:21-24: (NASB) <sup>21</sup>if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, <sup>22</sup>that, in reference to your former manner of life, **you lay aside the old self**, which is being corrupted in accordance with the lusts of deceit, <sup>23</sup>and that you be **renewed** in the spirit of your mind, <sup>24</sup>and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Shame and guilt, carried unnecessarily, are the *lusts of deceit*. They twist us around and turn our perspective around. We have to make the effort to put these aside and know that the forgiveness of Jesus is our strength.

### 🔊 I feel guilty when..., *RealFaithTV*

- *I feel guilty when I talk about somebody else...*
- *I have chosen my friends over my family a lot and that definitely makes me feel guilty.*
- *There's a lot of things that I've done, but I can't take them back. You just have to learn from your mistakes and move forward.*
- *I'm really mean to my parents...*
- *Lying to my parents... I try not to.*

Does our guilt, in a constructive way, create a boundary to a place we know we should not go again?

Finally! Here is where the theme text comes into play. As we deal with the experiences of our lives, it is important to see them through the eyes of the righteousness of Christ. It is then that we can have the strength to follow through on this model:

**Proverbs 24:16:** (NASB) *For a righteous man falls seven times, and rises again, but the wicked stumble in time of calamity.*

**Psalms 34:19:** *Many are the afflictions of the righteous; But the LORD delivers him out of them all.*

**Psalms 37:24:** *When he falls, he will not be hurled headlong, Because the LORD is the One who holds his hand.*

### What do we do to make our guilt or shame right?

#### Defining guilt vs. remorse, JJ the Life Coach

- *Instead of feeling guilty about things, I've shifted that into remorse. Remorse is the agent of change. Guilt - that doesn't work for you. Guilt just makes you stuck, keeps you replaying things and ruminating...remorse is when you can honestly feel sadness over something and decide how you want to make amends and how you want to change things.*


Recipe: **Guilt and Shame-Free Living** Series: **All**

**Ingredients**

1 Conviction	4 Pray for Mercy	7
2 Confession	5 Put the pieces	8
3 Contrite Heart	back together	9

**Instructions:**

**Psalms 51:13-16:** (NASB) <sup>13</sup>Then I will teach transgressors Your ways, and sinners will be converted to You. <sup>14</sup>Deliver me from bloodguiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness. <sup>15</sup>O Lord, open my lips, that my mouth may declare Your praise. <sup>16</sup>For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering.



David could not fix what he broke. He committed adultery and took a man's life. Once he put himself into a God-honoring way of being, he was able to take his experience to show others how wrong he was and how right God was. He dedicated himself to moving forward in righteousness.

Sometimes we cannot fix what we broke - but we can "pay it forward!"

The Bible gives us real life examples of real people that made real mistakes.

### Other times we CAN fix what we broke:

**Luke 19:5-10:** (NASB) <sup>5</sup>When Jesus came to the place, he looked up and said to him, *Zaccheus, hurry and come down, for today I must stay at your house.* <sup>6</sup>And he hurried and came down and received him gladly. <sup>7</sup>When they saw it, they all began to grumble, saying, *He has gone to be the guest of a man who is a sinner.* <sup>8</sup>Zaccheus stopped and said to the Lord, *Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much.* <sup>9</sup>And Jesus said to him, *Today salvation has come to this house, because he, too, is a son of Abraham.* <sup>10</sup>For the Son of Man has come to seek and to save that which was lost.

This man was guilty but didn't want to stay living in the guilt and wanted to make recompense. Jesus saw that in him.

The secret for being courageous enough to work to fix things lies in having humility, which brings us to being vulnerable.

 **Vulnerability is the birthplace, *Listening to Shame*, Dr. Brené Brown, TED Talk**

- *Vulnerability is our most accurate measurement of courage, to be vulnerable, to let ourselves be seen, be honest.*
- *One of the weird things that has happened is after the TED Talk explosion, I got a lot of offers to speak all over the country - everyone from schools and parent meetings to Fortune 500 companies. So many of the calls went like this: Hi, Dr. Brown, we loved your TED Talk and we would like you to come in and speak. We would appreciate it if you wouldn't mention vulnerability or shame.*
- *(I would say) what would you like for me to talk about?*
- *There were three big answers, mostly from the business sector: innovation, creativity and change.*
- *So let me go on the record and say vulnerability is the birthplace of innovation, creativity and change!*

### We must be willing to be vulnerable:

**2 Corinthians 4:1-2:** (NASB) <sup>1</sup>Therefore, since we have this ministry, as we received mercy, we do not lose heart, <sup>2</sup>but we have renounced the things hidden because of shame, not walking in craftiness or adulterating the word of God, but by the manifestation of truth commending ourselves to every man's conscience in the sight of God.

Shame is a boundary that tells us, "Don't go there!" So we can be honest and step above and away from shame and guilt. We do not belong there if we are in Christ. God measures the efforts of our hearts. Pride (it's all about ME) can hold us back, but humility (it's all about JESUS) can actually move us forward.

Let's take a look at vulnerability at its best, both on the part of Ananias and Saul.

### Saul accepted his vulnerability when he said to Jesus "who are you Lord?"

**Acts 9:13-17:** (NASB) <sup>13</sup>But Ananias answered, Lord, I have heard from many about this man, how much harm he did to Your saints at Jerusalem; <sup>14</sup>and here he has authority from the chief priests to bind all who call on Your name. <sup>15</sup>But the Lord said to him, Go, for he is a chosen instrument of Mine, to bear My name before the Gentiles and kings and the sons of Israel; <sup>16</sup>for I will show him how much he must suffer for My name's sake. <sup>17</sup>So Ananias departed and entered the house, and after laying his hands on him said, *Brother Saul, the*



Lord Jesus, who appeared to you on the road by which you were coming, has sent me so that you may regain your sight and be filled with the Holy Spirit.

Saul was on his way to arrest Ananias, when Ananias was told to basically go see the man he was hiding from! Ananias was vulnerable. He stepped forward and not only greeted him, but calls him, "Brother." We must embrace forgiveness for our own guilt and shame.

### What does it look like when we truly live forgiven?

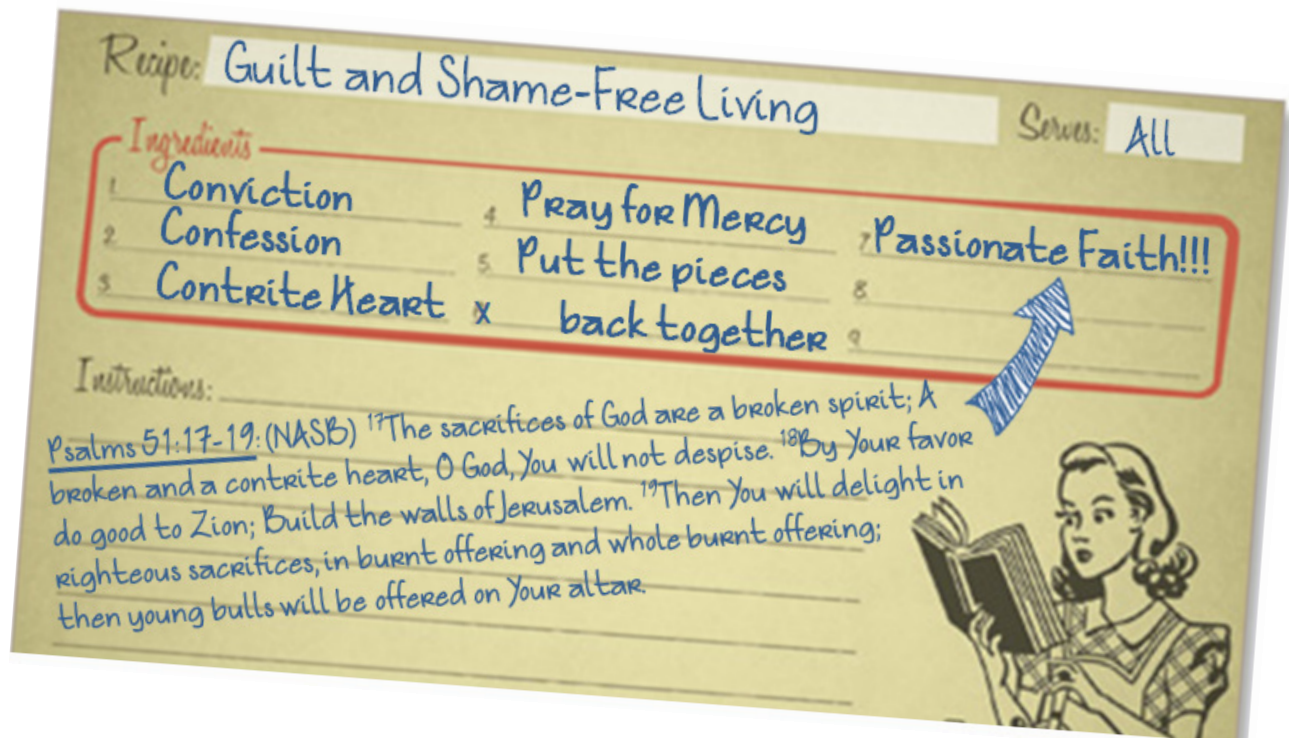
Psalms 34:18: (NASB) *The LORD is near to the brokenhearted and saves those who are crushed in spirit.*

 **The way out - embrace the pain, John Bradshaw**

- The only way out is through. In order to heal the pain you have to embrace the pain. That's the great paradox! Although it's something all the religious masters have said. Buddha's first Noble Truth was that life was suffering. Jesus said there's no resurrection without crucifixion. The Israelites were in bondage in Egypt before they went to the Promised Land. I don't know why the world is that way. I would've saved the world with tennis and golf and nice meals, myself. But it doesn't seem to be that way. It seems to be that you've gotta be willing to come out of hiding.*

**Coming out of hiding is essentially coming out of the darkness of denial and into the light of reality:**

Hebrews 12:11-13: (NASB) <sup>11</sup>All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness. <sup>12</sup>Therefore, strengthen the hands that are weak and the knees that are feeble, <sup>13</sup>and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed.



David had felt the dark misery of having sinned and having lived in the shame and guilt of his sin, and it almost cost him his life. Once he came back to God with a clean and contrite heart, he could now begin to praise God with acceptable sacrifices.

### David knew praise would not reach God otherwise:

**1 Samuel 15:22:** (NASB) *Samuel said, Has the LORD as much delight in burnt offerings and sacrifices as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to heed than the fat of rams.*

King Saul was supposed to wait for Samuel before a battle, but he went out anyway. David would have known that obedience was of utmost importance, because that is what caused the king before him to fall. He would have understood this principle.

### The man in the arena, *Listening to Shame*, Dr. Brené Brown, TED Talk

- *There is a great quote that saved me this past year by Theodore Roosevelt. A lot of people refer to it as "the man in the arena" quote and it goes like this: "It is not the critic who counts. It is not the man who sits and points out how the doer of deeds could have done things better and how he falls and stumbles. The credit goes to the man in the arena, whose face is marred with dust and blood and sweat. But when he is in the arena, at best he wins and at worst he loses. But when he fails, when he loses, he does so daring greatly."*

This puts the passionate faith ingredient we are talking about right in perspective! We have to be willing to "be in the arena" with our guilt and shame.

### Dare greatly - and thereby banish guilt and shame as a dwelling place!

**Philippians 3:7-11:** (NASB) *<sup>7</sup>But whatever things were gain to me, those things I have counted as loss for the sake of Christ. <sup>8</sup>More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ...*

Being forgiven means that guilt and shame have lost their value...

*<sup>9</sup>and may be found in Him, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith, <sup>10</sup>that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death; <sup>11</sup>in order that I may attain to the resurrection from the dead.*

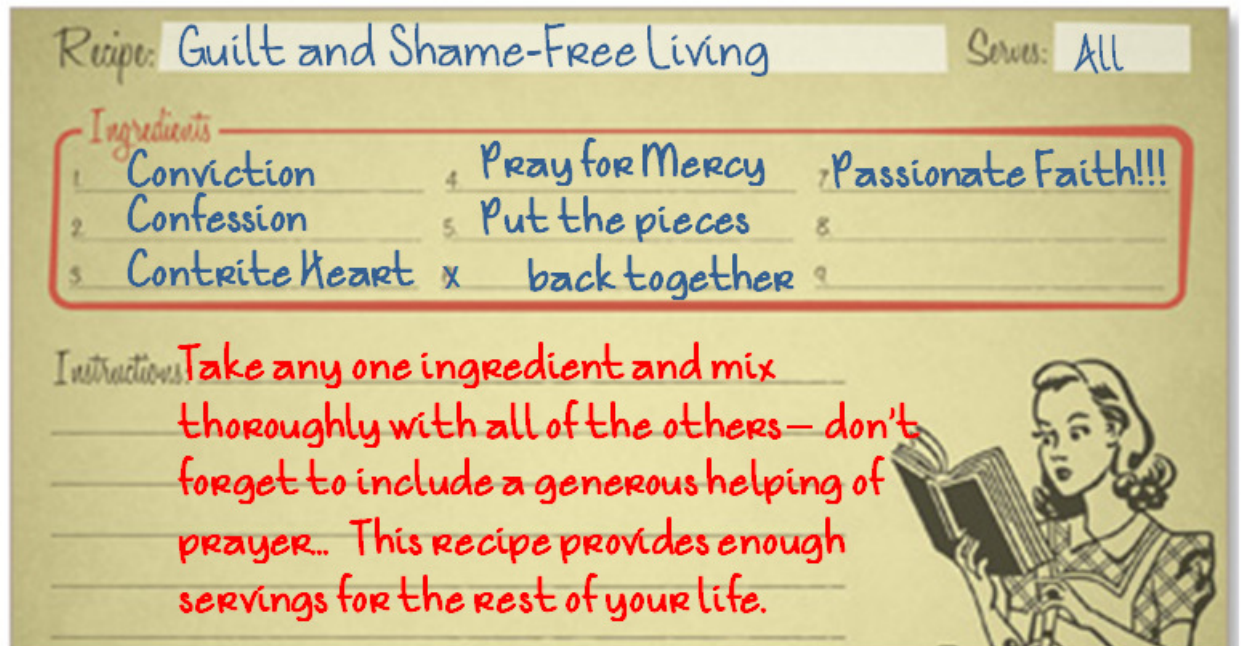
If we live in guilt and shame, we are conforming ourselves to our own death. In order to conform ourselves to the death of Christ, those things have to be put where they belong. Then we can be conformed to his sacrificial death to a higher and greater cause. Guilt and shame are not a higher and greater cause, but instead they are a black hole that can destroy us.

It is so important to see guilt and shame for what they are. See the value of them but don't confuse the value with the destructiveness of living with them.



Remember: Shame and guilt are - should be - necessary pit stops in the race of our lives, but should never under any circumstances be our home address.

We are living in God through Christ. Our guilt and shame should provoke us to love and good works. We need to make the choice to move forward.



So how do we manage guilt...?  
 For Jonathan and Rick and Christian Questions...  
 Think about it...!

And now even more to think about...  
 only in the **Full Edition** of CQ Rewind!



### Entire Lexicon definitions for words discussed at the beginning:

(One example of a word used in the New Testament) **Guilty**: #1777

1) bound, under obligation, subject to, liable

1a) used of one who is held by, possessed with love, and zeal for anything

1b) in a forensic sense, denoting the connection of a person either with his crime, or with the penalty or trial, or with that against whom or which he has offended

1b1) guilty, worthy of punishment

1b2) guilty of anything 1b3) of the crime 1b4) of the penalty

1b5) liable to this or that tribunal i.e. the punishment to be imposed by this or that tribunal

1b6) of the place where punishment is to be suffered

(One example of a word used in the Old Testament) **Shame**: #7036 1) shame, disgrace, dishonor, ignominy 1a) ignominy (of nation) 1b) dishonor, disgrace (personal)

(One example of a word used in the New Testament) **Shame**: #152

1) the confusion of one who is ashamed of anything, sense of shame

2) ignominy, disgrace, dishonor 3) a thing to be ashamed of



## Now, the Epilogue to the story:

**Psalms 32** was written about the same period of David's life. As we go through it, notice the upbeat and positive way that David recalls that dark time, teaching us the true value of guilt and shame once they are in their proper place. *It is all now a memory of a valued learning experience!*

**Happiness:** **Psalms 32:1-2:** (NRSV) <sup>1</sup>Happy are those whose transgression is forgiven, whose sin is covered. <sup>2</sup>Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit.

**Matthew 5:3-12:** (Rotherham) <sup>3</sup>Happy, the destitute, in spirit; for, theirs, is the kingdom of the heavens; <sup>4</sup>Happy, they who mourn; for, they, shall be comforted: <sup>5</sup>Happy, the meek; for, they, shall inherit the earth: <sup>6</sup>Happy, they who hunger and thirst for righteousness; for, they, shall be filled: <sup>7</sup>Happy, the merciful; for, they, shall receive mercy: <sup>8</sup>Happy, the pure, in heart; for, they, shall, see God: <sup>9</sup>Happy, the peacemakers; for, they, shall be, called sons of God: <sup>10</sup>Happy, they who have been persecuted for righteousness' sake; for, theirs, is the kingdom of the heavens. <sup>11</sup>Happy, are ye, whensoever they may reproach you and persecute you, and say every evil thing against you, falsely, for my sake: <sup>12</sup>Rejoice and exult, because, your reward, is great in the heavens; for, so, persecuted they the prophets who were before you.

**John 13:12-17:** (NRSV) <sup>12</sup>After he had washed their feet, had put on his robe, and had returned to the table, he said to them, Do you know what I have done to you? <sup>13</sup>You call me Teacher and Lord--and you are right, for that is what I am. <sup>14</sup>So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. <sup>15</sup>For I have set you an example, that you also should do as I have done to you. <sup>16</sup>Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. <sup>17</sup>If you know these things, you are blessed if you do them.

## Vivid and lingering memory of the condition of being guilty:

<sup>3</sup>While I kept silence, my body wasted away through my groaning all day long. <sup>4</sup>For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

**1 Corinthians 15:9-11:** (NIV) <sup>9</sup>For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. <sup>10</sup>But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them--yet not I, but the grace of God that was with me. <sup>11</sup>Whether, then, it was I or they, this is what we preach, and this is what you believed.

## Vivid and lingering memory of seeking forgiveness:

<sup>5</sup>Then I acknowledged my sin to you, and I did not hide my iniquity; I said, I will confess my transgressions to the LORD, and you forgave the guilt of my sin. Selah

## Conviction to pass on the freedom of forgiveness:

<sup>6</sup>Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. <sup>7</sup>You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. Selah <sup>8</sup>I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.

**1 Corinthians 9:14-19:** (NRSV) <sup>14</sup>In the same way, the Lord commanded that those who proclaim the gospel should get their living by the gospel. <sup>15</sup>But I have made no use of any of these rights, nor am I writing this so that they may be applied in my case. Indeed, I would rather die than that--no one will deprive me of my ground for boasting! <sup>16</sup>If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! <sup>17</sup>For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. <sup>18</sup>What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in

the gospel. <sup>19</sup>For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them.

### Admonishing to others to be pliable in the hands of God:

<sup>9</sup>Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you. <sup>10</sup>Many are the torments of the wicked, but steadfast love surrounds those who trust in the LORD. <sup>11</sup>Be glad in the LORD and rejoice, O righteous, and shout for joy, all you upright in heart.

1 Peter 5:6-9: (NRSV) <sup>6</sup>Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. <sup>7</sup>Cast all your anxiety on him, because he cares for you. <sup>8</sup>Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. <sup>9</sup>Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering.