

Leading an Emote-controlled Life
Part #2 – **“Guilt and Shame: Giving our self permission to be Human”**

Sunday November 16, 2008

Audio available at <http://www.kingstreet.org/audio>

*“There is no deep knowing of God without a deep knowledge of **self** and no deep knowledge of self without a deep knowledge of God.”*

John Calvin

*“Grant Lord that I may know **myself** that I may know you!”*

St. Augustine

Text – Psalm 51:1-12

1. **The GIFT of True Guilt**

- Guilt is God’s message to us that we’re **valued**
- Guilt is God’s method to remind us we are **accountable**
- Guilt is God’s movement within, in order to make us **whole**

2. **The GRIP of False Guilt**

- **Seared** Conscience (1 Timothy 4:2)
- Over-**active** Conscience (Romans 8:1)

3. **The Leading Candidates for FALSE Guilt and Shame**

a. Mr. OR Miss **Atlas**

“People who cannot believe that only God has the whole world in his hands are candidates for [guilt] and shame that they do not deserve.”

Lewis Smedes

Possible Family of Origin Dynamic – Mom or Dad were always in control and rarely acknowledged **weakness**.

a. Major **Morality**

Possible Family of Origin Dynamic – Mom or Dad ‘downloaded’ moral values, but they didn’t dialogue about them.

a. **Compulsive Comparers**

*“Anyone else’s success is the mirror of their failure. Anyone else’s beauty is the reflection by which they see their own plainness. Anyone else’s talent is their **ineptitude.**”*

Lewis Smedes

Possible Family of Origin Dynamic – Mom or Dad were not happy with themselves, struggled to like themselves and communicated this to their children, by **comparing** their children to one another.

a. **Approval Addicts**

*“Some people cannot approve of themselves, unless they **know** for sure that other people approve of them.”*

Lewis Smedes

Possible Family of Origin Dynamic – Mom or Dad approved of you only when you ‘did right’ or ‘performed well’. The message of ‘one bad act’ equals ‘one bad person’ was communicated.

4. **Generational Sin – Breaking the Power of the Past**

*“It is impossible to help people break free from their past, apart from helping them understand the **families** in which they grew up.”* Peter Scezzaro

- Exodus 20:4-6
- Exodus 34:6-8
- 2 Kings 10:30
- 2 Samuel 12:10
- 2 Corinthians 5:17

We have an EGO problem ... we think we should ‘be in control.’ We will continue to have an EGO – because we

Edge God Out!