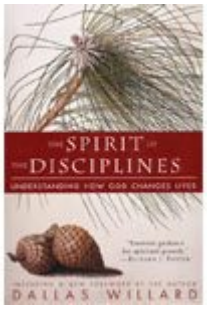
Spiritual Disciplines and the Modern World

The spiritual disciplines help us cooperate with God in our transformation into the likeness of Christ. Don Closson discusses disciplines of abstinence and of engagement.

This article is also available in Spanish.

Spirituality and the Body



As a seminary student I was given the assignment to read a book on Christian spirituality called the *Spirit of the Disciplines* by Dallas Willard.{1} I obediently read the book and either wrote a paper on it or took a test that covered the material (I can't recall which), but the book didn't have a major impact on my life at that time. Recently, over a decade later, I have gone back to the book and found it to be a jewel that I should have spent more time with. In the book, Willard speaks to one of the most important issues facing individual Christians and churches in our time: "How does one live the Spirit-filled life promised in the New Testament?" How does the believer experience the promise that Jesus made in Matthew 11:29-30: "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. For my yoke is easy and my burden is light"?



Willard argues that modernity has given us a culture that offers a flood of self-fulfillment programs in the form of political, scientific, and even psychological revolutions. All promise to promote personal peace and affluence, and yet we suffer from an "epidemic of depression, suicide, personal emptiness, and escapism through drugs and alcohol, cultic obsession, consumerism, and sex and violence . . . ."{2} Most Christians would agree that the Christian faith offers a model for human transformation that far exceeds the promises of modern scientific programs, but when it comes to delineating the methods of such a transformation there is often confusion or silence.

Christians frequently seek spiritual maturity in all the wrong places. Some submit themselves to abusive churches that equate busyness and unquestioning subservience with Christ-likeness. Others look for spirituality through syncretism, borrowing the spiritualism of Eastern religions or Gnosticism and covering it with a Christian veneer.

According to Willard, Christians often hope to find Christ's power for living in ways that seem appropriate but miss the mark; for example, through a "sense of forgiveness and love for God" or through the acquisition of propositional truth. Some "seek it through special experiences or the infusion of the Spirit," or by way of "the presence of Christ in the inner life." Others argue that it is only through the "power of ritual and liturgy or the preaching of the Word," or "through the communion of the saints." All of these have value in the Christian life but do not "reliably produce large numbers of people who really are like Christ."{3}

We evangelicals have a natural tendency to avoid anything that hints of meritorious works, works that might somehow justify us before a holy God. As a result, we reduce faith to an entirely mental affair, cutting off the body from the process of living the Christian life.

In this article we will consider a New Testament theology of human transformation in order to better understand what it means to become a living sacrifice to God.

A Model for Transformation

Faith in Jesus Christ brings instant forgiveness along with the promise of eventual glorification and spending eternity with God. However, in between the believer experiences something called sanctification, the process of being set apart for good works. Something that is sanctified is holy, so it makes sense that the process of sanctification is to make us more like Christ.

Even though the Bible talks much of spiritual power and becoming like Christ, many believers find this process of sanctification to be a mystery. Since the Enlightenment, there has been a slow removal from our language of acceptable ways to talk about the spiritual realm. Being rooted in this age of science and materialism, the language of spiritual growth sounds alien and a bit threatening to our ears, but if we want to experience the life that Jesus promised, a life of spiritual strength, we need to understand how to appropriate God's Spirit into our lives.

According to Willard, "A 'spiritual life' consists in that range of activities in which people cooperatively interact with God—and with the spiritual order deriving from God's personality and action. And what is the result? A new overall quality of human existence with corresponding new powers."{4} To be spiritual is to be dominated by the Spirit of God. Willard adds that spirituality is another reality, not just a "commitment" or "life-style." It may result in personal and social change, but the ultimate goal is to become like Christ and to further His Kingdom, not just to be a better person or to make America a better place to live.

The Bible teaches that to become a spiritual person one must employ the *disciplines* of spirituality. “The disciplines are activities of mind and body purposefully undertaken to bring our personality and total being into effective cooperation with the divine order.”{5} Paul wrote in Romans 6:13 that the goal of being spiritual is to offer our body to God as instruments of righteousness in order to be of use for His Kingdom. Moving towards this state of usefulness to God and His Kingdom depends on the actions of individual believers.

Many of us have been taught that this action consists primarily in attending church or giving towards its programs. As important as these are, they fail to address the need for a radical inner change that must take place in our hearts to be of significant use to God. The teaching of Scripture and specifically the life of Christ tells us that the deep changes that must occur in our lives will only be accomplished via the disciplines of abstinence such as fasting, solitude, silence, and chastity, and the disciplines of engagement such as study, worship, service, prayer, and confession. These disciplines, along with others, will result in being conformed to the person of Christ, the desire of everyone born of His Spirit.

Salvation and Life

When I first read in the Bible that Jesus offered a more abundant life to those who followed Him, I thought that He was primarily describing a life filled with more happiness and purpose. It does include these things, but I now believe that it includes much more. Salvation in Christ promises to radically change the nature of life itself. It is not just a promise that sometime in the far distant future we will experience a resurrected body and see a new heaven and new earth. Salvation in Christ promises a life characterized by the highest ideals of thought and actions as epitomized by the life of Christ Himself.

Although there is no program or classroom course that can guarantee to give us this new life in Christ, it can be argued that in order to live a life like Jesus we need to do the things that Jesus did. If Jesus had to "learn obedience through the things which he suffered" (Hebrew 5:8 KJV), are we to expect to act Christ-like without the benefit of engaging in the disciplines that Jesus did?

In *The Spirit of the Disciplines*, Willard argues that there is a direct connection between practicing the spiritual disciplines and experiencing the salvation that is promised in Christ. Jesus prayed, fasted, and practiced solitude "not because He was sinful and in need of redemption, as we are, but because he had a body just as we do."{6} The center of every human being's existence is his or her body. We are neither to be neo-Platonic nor Gnostic in our approach to the spiritual life. Both of these traditions play down the importance of the physical universe, arguing that it is either evil or simply inferior to the spiritual domain. But as Willard argues, "to withhold our bodies from religion is to exclude religion from our lives."

Although our spiritual dimension may be invisible, it is not separate from our bodily existence. *Spirituality*, according to Willard, is "a relationship of our embodied selves to God that has the natural and irrepressible effect of making us alive to the Kingdom of God—here and now in the material world."{7} By separating our Christian life from our bodies we create an unnecessary sacred/secular gulf for Christians that often alienates us from the world and people around us.

The Christian faith offers more than just the forgiveness of sins; it promises to transform individuals to live in such a way that responding to events as Jesus did becomes second nature. What are these spiritual disciplines, and how do they transform the very quality of life we experience as followers of Jesus Christ?

The Disciplines of Abstinence

Although many of us have heard horror stories of how spiritual disciplines have been abused and misused in the past, Willard believes that "A discipline for the spiritual life is, when the dust of history is blown away, nothing but an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom."{8} He reminds us that we discipline ourselves throughout life in order to accomplish a wide variety of tasks or functions. We utilize discipline when we study an academic or professional field; athletes must be disciplined in order to run a marathon or bench press 300 lbs. Why, then, are we surprised to learn that we must discipline ourselves to be useful to God?

Willard divides the disciplines into two categories: disciplines of abstinence, and disciplines of engagement. Depending on our lifestyle and past personal experiences, we will each find different disciplines helpful in accomplishing the goal of living as a new creature in Christ. Solitude, silence, fasting, frugality, chastity, secrecy, and sacrifice are disciplines of abstinence. Given our highly materialistic culture, these might be the most difficult and most beneficial to many of us. We are more familiar with the disciplines of engagement, including study, worship, celebration, service, prayer, and fellowship. However, two others mentioned by Willard might be less familiar: confession and submission.

Abstinence requires that we give up something that is perfectly normal—something that is not wrong in and of itself, such as food or sex—because it has gotten in the way of our walking with God, or because by leaving these things aside we might be able to focus more closely on God for a period of time. As one writer tells us, "Solitude is a terrible trial, for it serves to crack open and burst apart the shell of our superficial securities. It opens out to us the unknown abyss that we all carry within us . . ."{9} Busyness and superficial

activities hide us from the fact that we have little or no inward experience with God. Solitude frees us from social conformity, from being conformed to the patterns of this world that Paul warns us about in Romans 12.

Solitude goes hand in hand with silence. The power of the tongue and the damage it can do is taken very seriously in the Bible. There is a quiet inner strength and confidence that exudes from people who are great listeners, who are able to be silent and to be slow to speak.

The Disciplines of Engagement

Thus, the disciplines of abstinence help us diminish improper entanglements with the world. What about the disciplines of engagement?

Although study is not often thought of as a spiritual discipline, it is the key to a balanced Christian walk. Calvin Miller writes, "Mystics without study are only spiritual romantics who want relationship without effort."{10} Study involves reading, memorizing, and meditation on God's Word. It takes effort and time, and there are no shortcuts. It includes learning from great Christian minds that have gone before us and those who, by their walk and example, can teach much about the power available to believers who seek to experience the light burden that abiding in Jesus offers.

Few Christians deny the need for worship in their weekly routines, even though what constitutes worship has caused considerable controversy. Worship ascribes great worth to God. It is seeing God as He truly is. Willard argues that we should focus our worship through Jesus Christ to the Father. He writes, "When we worship, we fill our minds and hearts with wonder at him—the detailed actions and words of his earthly life, his trial and death on the cross, his resurrection reality, and his work as ascended intercessor."{11}

The discipline of celebration is unfamiliar to most of us, yet Willard argues that it is one of the most important forms of engagement with God. He writes that "We engage in celebration when we enjoy ourselves, our life, our world, in conjunction with our faith and confidence in God's greatness, beauty, and goodness. We concentrate on our life and world as God's work and as God's gift to us."{12} Although much of the scriptural argument for holy celebration is found in the festivals of the Old Testament and the book of Ecclesiastes, Jesus was accused of being a glutton and a drunkard because he chose to dine and celebrate with sinners.

Christian fellowship and confession go hand in hand. It is within the context of fellowship that Christians build up and encourage one-another with the gifts that God has given to us. It is also in this context that we practice confession with trusted believers who know both our strengths and weaknesses. This level of transparency and openness is essential for the church to become the healing place of deep intimacy that people are so hungry for.

Walking with Jesus doesn't mean just knowing things about Him; it means living as He lived. This includes practicing the spiritual disciplines that Jesus practiced. As we do, we will be changed through the Spirit to be more like Him and experience the rest that He has offered to us.

Notes

1. Dallas Willard, *The Spirit of the Disciplines,* (New York: HarperCollins, 1991).
2. Ibid., viii.
3. Ibid., x.
4. Ibid., 67.
5. Ibid., 68.
6. Ibid., 29.
7. Ibid., 31.
8. Ibid., 156.

9. Ibid., 161.
10. Ibid., 176.
11. Ibid., 178.
12. Ibid., 179.

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“Mistakes Were Made”

If you’re the nation’s top cop, you know it’s a bad day when pundits compare you to Janet Jackson and Justin Timberlake.

Under fire from solons of both parties for the controversial dismissal of eight US attorneys, Attorney General Alberto Gonzales met the press. Were the dismissals politically motivated? Who suggested them and why? Inquiring minds wanted to know.

Gonzales assured his critics he would get to the bottom of this. Mistakes were made, he explained.

Admitting mistakes can be constructive. The problem, of course, was Gonzales’ ambiguous undertone. Was it honest confession or artful sidestep?

Confession or Sidestep?

Maybe mistakes were made means, Somebody messed up royally. We’re investigating thoroughly, so please sit tight. We’ll name names soon.

Or it could mean, I know who botched this. But I don’t want to point the finger directly at me or my colleagues, so I’ll throw up a vague camouflage.

Maybe Gonzales meant the former. Critics cried foul. *The New*

York Times called it an "astonishingly maladroit…Nixonian…dodge."{1} Administration inconsistencies about who-did-or-knew-what-when did not help quiet skeptics. Who would take responsibility? Ghosts of Janet, Justin and the 2004 Super Bowl reappeared.

Timberlake's press agent announced back then, "I am sorry if anyone was offended by the wardrobe malfunction during the halftime performance."{2} Jackson told a press conference, "If I offended anybody, that was truly not my intention."{3} William Safire has identified a special verb tense for similar nonconfession confessions: "the past exonerative."{4}

True Confessions

What did Gonzales mean? I don't know; I'm still watching. But the "mistakes were made" flap illustrates the need for guidelines for fessing up when warranted.

How about, I was wrong; I'm sorry; please forgive me?

That's seldom easy. Its risky. Makes you vulnerable to your enemies.

Duke political science professor Michael Munger observes that many politicians seem reluctant to admit faults: "I wonder if some capacity for self-delusion is a requirement for being a politician."{5} Munger also notes that business star Henry Ford was reputed to have exemplified the doctrine, "Never apologize, never explain."{6} Literary giant Ralph Waldo Emerson claimed, "No sensible person ever made an apology."{7}

Reminds me of the editor who, when asked by an exasperated reporter if he'd ever been wrong, replied, Yes. Once I thought I was wrong, but I wasn't."

Could big egos that drive success be rendering some folks relationally and ethically flawed?

Plastic Buckets

My second year in university, I swiped a plastic bucket from behind the lectern in the psychology lecture hall. It had been there every day during the semester. No one wants it, I convinced myself. It deserves to be taken. I used it to wash my car.

Two years later, I considered a biblical perspective: If we say we have no sin, we are only fooling ourselves and refusing to accept the truth. But if we confess our sins to … [God], he is faithful and just to forgive us and to cleanse us from every wrong.{8}

That bucket kept coming to mind. I needed to admit my theft to God and make restitution.

My booty long since lost, I purchased a new bucket and carried it sheepishly across campus one afternoon. Finding no one in the psychology building to confess to, I left the bucket in a broom closet with a note of explanation. Maybe a janitor read it. My conscience was clear.

We all probably have some plastic buckets in our lives, observed an associate. If you do, may I recommend honesty for easier sleeping? Oh, and if you happened to be the owner of that bucket I stole, I was wrong. I'm sorry. Please forgive me.

Notes

1. "Politics, Pure and Cynical," (Editorial), *The New York Times*, March 14, 2007; http://tinyurl.com/yvnjyd, accessed March 18, 2007.
2. John M. Broder, "Familiar Fallback for Officials: 'Mistakes Were Made'," *The New York Times*, March 14, 2007; http://www.nytimes.com/2007/03/14/washington/14mistakes.html, accessed March 18, 2007.
3. Robert J. Bliwise, "We Apologize: The Sorry State of Remorse," *Duke Magazine* 90:3 May-June 2004; http://www.dukemagazine.duke.edu/dukemag/issues/050604/apologi

ze1.html, accessed March 18, 2007.
4. Diane Hartman, “Watching My Language” (Book Review of William Safire’s *Watching My Language*), *Denver Post* Online, “September 14” (no year given); http://extras.denverpost.com/books/book23.htm, accessed March 18, 2007.
5. Bliwise, loc. cit.
6. Ibid.
7. Ibid. It is unclear from the text whether Munger or Bliwise supplied the Emerson quotation.
8. 1 John 1:8-9 NLT.

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Can You Forgive Michael Vick?

Public reaction to football star Michael Vick’s confession and apology for dog fighting has been passionate and polarized. Was he sincere? Or was it just a last resort when cornered by the law, a PR move to help rehabilitate his image and financial future?

The crimes were abhorrent. Underperforming canines were executed by hanging and drowning. This sickening stuff hits many folks in their guts, hard and deep.

He faces legal consequences. But should you and I forgive him?

Genuine Contrition?

Vick says, “Dog fighting is a terrible thing, and I did reject it. I’m upset with myself through this situation I found Jesus and asked him for forgiveness and turned my life over to God.”{1}

Smooth but not convincing, cry some. It's just a show. He's a disgusting person and a terrible role model. Off with his head! Others quote English poet Alexander Pope, "To err is human, to forgive divine."

Perhaps time will tell how sincere he was. Some wonder, Michael Vick didn't do anything to me, so *for what* could I forgive him? True, he may not have harmed you personally. But he did violate society's laws and many people's sense of decency. Public figures' actions can have wide social impact. The fact that lots of kids looked up to him compounds the anger many feel when they indicate they could never accept his apology or forgive him for the harm he's done.

Indeed, negative feelings expressed toward Vick sometimes sound visceral, as if the speakers themselves had been injured. Frederic Luskin, former director of the Stanford Forgiveness Project, says, "Our bodies react as if we're in real danger right now to a story of how someone hurt us seven years ago. You're feeling anger, your heart rhythm changes breathing, gets shallow."{2}

Can you and I forgive Michael Vick?

Consider a wise woman who wrestled with similar feelings. Corrie ten Boom and her Dutch family hid Jews from the Nazis during World War II. For this she endured Ravensbruck, a concentration camp. Her inspiring story became a famous book and film, *The Hiding Place*.

Chilling Memories

In 1947 in a Munich church, she told a German audience that God forgives.{3} When we confess our sins, she explained, God casts them into the deepest ocean, gone forever. After her presentation, she recognized a man approaching her, a guard from Ravensbruck, before whom she had had to walk naked. Chilling memories flooded back.

A fine message, *Fraulein*! said the man. How good it is to know that, as you say, all our sins are at the bottom of the sea! He extended his hand in greeting.

Corrie recalled, "I, who had spoken so glibly of forgiveness, fumbled in my pocketbook rather than take that hand. He would not remember me. . . But I remembered him and the leather crop swinging from his belt. I was face to face with one of my captors, and my blood seemed to freeze."

The man continued: "You mentioned Ravensbruck in your talk…. I was a guard there. But since that time I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well, *Fraulein*." He extended his hand again. "Will you forgive me?"

Forgive Him?

Corrie stood there, unable to forgive. As anger and vengeful thoughts raged inside her, she remembered Jesus' death for this man. Of His executioners He said, "Father, forgive these people, because they don't know what they are doing." {4}

How could she refuse? But she lacked the strength. She silently asked God to forgive her and help her forgive him. As she took his hand, she felt a healing warmth flooding her body. "I forgive you, brother!" she cried, "With all my heart."

And so, Corrie later recalled, "I discovered that it is not on our forgiveness any more than on our goodness that the world's healing hinges, but on [God's]. When He tells us to love our enemies, He gives, along with the command, the love itself."

If Corrie could forgive one who did her such harm, should we be willing to consider forgiving a public figure whose actions harm society? Could what Corrie found in faith help manage overwhelming anger and rage?

Will you and I forgive Michael Vick?

Notes

1. Text of Atlanta Falcons quarterback Michael Vick's statement, USA Today, August 27, 2007, www.usatoday.com/sports/football/2007-08-27-2672656486_x.htm
2. "Peace Work," Stanford Magazine, Joan O'C. Hamilton, 2001, http://www.stanfordalumni.org/news/magazine/2001/mayjun/features/forgiveness.html.
3. Corrie ten Boom, "Death Camp Revisited," Worldwide Challenge, July/August 1994, 35-36.
4. Luke 23:34 NLT.

Grappling with Guilt

What Makes You Feel Guilty?

What makes you feel guilty?

Has a relationship gone sour and you find yourself agonizing about what might have been if you'd acted or spoken differently? Maybe your slave-driver boss hassles you for being behind. Are your kids wondering why they ended up with you as a parent?

These days, food guilt is common. With super-slim models gracing supermarket tabloids and magazine covers (admit it, now; you've peeked), even a fit, petite-sized former cheerleader can get depressed standing in the checkout line. "No-Guilt Nachos," offers a *Ladies' Home Journal* recipe.

America Online has a special guilt section dealing with “Relationship Guilt,” “Parental Guilt,” “Food Guilt,” “Workforce Guilt,” “Pricey Guilt,” “I’m-a-Rotten-Person Guilt,” “Stay-in-Touch Guilt,” and “Trying-to-Please-Everyone Guilt.” Whew!

Ever been late paying a family bill due to negligence or overspending? Been unfaithful to your spouse? Lied to the IRS or a friend? Been angry without reason?

When we fall short of our own – or others’ – standards, guilt feelings can result. Unresolved guilt can bring anxiety, depression, ulcers, low self-esteem and more.

I am a recovering perfectionist. As a teenager, I could be pretty hard on myself. I once fouled out of a high school basketball game in the final seconds with our team ahead. The opposing player made his free throws, putting his team ahead. I felt bleak. Our team’s desperation inbounds pass went to midcourt, where a teammate caught the ball and threw up a prayer. The ball swished through the net as time expired. We had won. I was the second happiest player there. I probably would have excoriated myself had he missed.

A single man I know became involved with another man’s wife. Her rocky marriage had sent her lonely heart wandering and his youthful enthusiasm and libido met many of her wants. They dreamed, schemed, sneaked, and rendezvoused. When discovered, he lied and sought to perpetuate the affair. Eventually, friends convinced him to break things off. He felt guilty for having the fling, guilty for lying about it, and guilty for dumping her.

Feeling guilty can cripple you emotionally. Serious ethical or moral lapses can bring blame and shame. A seemingly minor flaw can sometimes bug the daylights out of you. This article looks at healthy, biblical ways to deal with guilt, and how to know that you are really forgiven.

Some Causes of Guilt Feelings

Why does guilt affect us so, and how can we alleviate it? Some psychologists emphasize that problems in our past can plague us in the present. Inability to reconcile or move past unhealthy relationships with parents, siblings, teachers or classmates may color our emotions. Other authorities feel that people may be following overly rigid standards.

Suggested solutions have included discovering and resolving past hang-ups, relaxing moral codes or easing personal expectations. Certainly many people still suffer from past problems or set unrealistic standards. Forty-eight hours of tasks won't fit into one day, so don't necessarily castigate yourself when only half your ambitious to-do list gets accomplished. If you find yourself sneaking a diet-busting snack, maybe rewarding yourself occasionally is better than whipping yourself. But it seems wise to also consider that, at least in some instances, we may feel guilty because we are guilty.

If this is true, then therapy for a guilty person could begin with getting them to admit their shortcoming. That's not always easy.

Admitting you're wrong can be hard. Perhaps you've heard of the writer who asked his domineering editor if he'd ever been wrong. "Yes," replied the editor. "I was wrong once. It was when I thought I was wrong but I wasn't."

University of Illinois psychologist O. H. Mowrer pointed out a common dilemma in trying to face your own shortcomings:

> *Here, too, we encounter difficulty, because human beings do not change radically until first they acknowledge their sins, but it is hard for one to make such an acknowledgement unless he has "already changed." In other words, the full realization of deep worthlessness is a severe ego "insult,"*

and one must have a new source of strength to endure it.{1}

I understand this inner weakness problem. As a teenager, I found success through athletics, academics, and student government. I was attending one of my nation's leading secondary schools. President John F. Kennedy and actor Michael Douglas were alumni. But my achievements didn't bring the personal satisfaction I wanted. Guilt, anxiety, and a poor self-image often plagued me on the inside.

My first year in university, I met some students who said that the spiritual side of life offered a solution to the guilt problem. A relationship with God, they said, could give me the "new source of strength" necessary to face my own flaws and seek help. Because of them, I discovered practical reasons why faith could help me overcome my guilt.

A Solution to Guilt

The hit movie *Bruce Almighty* depicts God's attempts to contact the main character (played by Jim Carrey) by leaving a number on his pager. Turns out the phone number is valid in many area codes. After the film's release, people and businesses began getting calls from folks asking for God.

A Florida woman threatened to sue the film studio after twenty calls per hour clogged her cell phone. A Denver radio station built a contest around the fluke. Some callers to the station seemed to think they'd really discovered a direct line to God. One even left a message confessing her adultery.{2}

Owning up to guilt can help clear your conscience.

Those college students I mentioned earlier had a joy and enthusiasm that attracted me. They claimed to have a personal relationship with Jesus of Nazareth. I couldn't believe it all. I kept returning to their meetings because I was curious and because it was a good place to get a date. Especially

because it was a good place to get a date!

They explained that God loved me, but that my own self-centeredness or sin had separated me from Him. They said His Son, Jesus, died to pay the penalty for my sins, and rose from the dead so I could receive forgiveness as a free gift. Eventually, it made sense.{3} Through a simple heart attitude, I invited Jesus to enter my life, forgive me, and become my friend. There was no thunder and lightning, no angels appeared, and I did not become perfect overnight. But I found a new inner peace, freedom from guilt, assurance that I would be with God forever, and the best friend I could ever have.

Of course, my experience is not unique. Harvard psychologist William James, in his classic book *The Varieties of Religious Experience* cites Henry Alline who placed his faith in Christ: "the burden of guilt and condemnation was gone . . . my whole soul, that was a few minutes ago groaning under mountains of death . . . was now filled with immortal love . . . freed from the chains of death and darkness…."{4}

One early believer wrote: "God made you alive with Christ. He forgave all our sins. He canceled the record that contained the charges against us. He took it and destroyed it by nailing it to Christ's cross."{5} I found that my own guilt was gone, but I also had to draw on His power daily.

A friend of Jesus wrote, "If we confess our sins to him, he [God] is faithful and just to forgive us and to cleanse us from every wrong."{6} Some call this statement the believer's "bar of soap." We confess, being honest with God. He forgives and cleanses us.

But what if you don't feel forgiven? Is there such a thing as false guilt?

True or False?

A reader who signed his e-mail “Guilt plagued” told me of his struggles:

> *A few years ago, out of desperation, I made a series of terrible mistakes. I am committed to the Lord and confessed my sins. I’m terribly ashamed and embarrassed about what I have done, and I feel ten times worse because I can’t make restitution. . . . I’m having a difficult time processing the idea that He has forgiven me. . . . Please help me . . . what should I do? The guilt is eating me alive.*

Sometimes we feel guilty because we are guilty. Other times we feel guilty without cause. Is your guilt true or false, and what can you do about the feelings?{7}

When my wife, Meg, was in graduate school at Stanford, she regularly parked on the street near her campus office. One afternoon she discovered a parking ticket on her windshield. During that day – while she was parked there – campus management had painted the curb red, signifying “No Parking.” (The curb had never had paint during her tenure.) Was she guilty?

Her dilemma was both laughable and burdensome. Meg would have to either pay a fine or go to court. She appeared in court and told the judge what had happened. He dropped the charges. (I should *hope* he would!)

The law and the judge’s application of it determined guilt or innocence. Similarly, if we violate God’s proscriptions, we stand guilty. If we do not violate biblical principles, then we may or may not be guilty.

If you know your guilt is real, your solution begins with placing your trust in Christ to forgive you. Once you have, and you become aware of sins in your daily life, simply admit

them to God.

Keep short accounts with God. As the proverbial country preacher said, “I ‘fesses ’em as I does ’em.” Feelings may lag behind, but if you’ve admitted your sin to God, He has forgiven you.

What if you’re unsure if your guilt is true or false, or if you confess your sins but still don’t feel forgiven?

Consider *the Holy Spirit’s guidance.* Jesus sent His Holy Spirit to guide us into truth,{8} especially concerning sin.{9} If the Bible doesn’t prohibit certain behaviors, you – if you’re a follower of Jesus – can ask the Holy Spirit for wisdom about them. Jesus’ brother James wrote, “If you need wisdom—if you want to know what God wants you to do—ask him, and he will gladly tell you.”{10} Discerning God’s guidance is not a perfect science, but His inner conviction can help you sort things out.

Making Things Right

What do you do if you’re not sure if your guilt feelings are legitimate, or if you don’t feel forgiven?

Realize that *God’s promises trump your own self-criticism.* Members of God’s family can trust His opinion even when they don’t feel like it’s true. We can “set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.”{11} Does your heart condemn you unjustly? You can say, “Listen, heart. I’m a child of God. I’ve confessed my sin and He says I’m forgiven. I refuse to believe your condemnation.”

I recommend that you converse with yourself in private rather than in public! For a variety of psychological and spiritual reasons, your guilt feelings may not disappear immediately. Changing established emotional patterns can take time. Choosing to believe God is good starting point.

Realize also that *God's promises trump the real enemy.* This may be hard to swallow, but it's important. Jesus taught the existence of "Satan," a "liar and the father of lies,"{12} the "accuser" of believers.{13}

I once considered myself too intellectual to believe in Satan. Our university mascot was the "Blue Devil." To me, the devil was some guy in a blue costume with a pitchfork who ran around at basketball games. Then I heard that Satan the deceiver has some people so deceived that they don't believe he exists. Jesus' life and teachings eventually convinced me that Satan was real. If you experience false guilt feelings, realize that they may have a lower source. You needn't deny the feelings, but you can deny false guilt based on Jesus' friendship with you.{14}

You may need to *make restitution.* My second year in college, I swiped a plastic bucket from behind the lectern in the psychology lecture hall. It had been there every day during the semester. "No one wants it," I convinced myself. "It deserves to be taken." I used it to wash my car.

Two years later, I read a booklet about God's forgiveness. That bucket kept coming to mind. I not only needed to admit my theft to God. I needed to make restitution.

My booty long since lost, I purchased a new bucket and carried it sheepishly across campus one afternoon. Finding no one in the psychology building to confess to, I left the bucket in a broom closet with a note of explanation. Maybe a janitor read it. My conscience was clear.

After hearing of this stolen bucket episode in a lecture, one friend wrote his former employer to confess all the items he had stolen and to offer restitution. "We all probably have some plastic buckets in our lives," observed another associate.

Feeling guilty? You may just need to relax unrealistic

standards in a stress-filled world. But you also may need to face genuine personal shortcomings. If you do, you can know that the complete forgiveness that Jesus offers is free and that His truth trumps all challengers.

This article is adapted with permission from Rusty Wright, "Grappling with Guilt," *In Touch*, February 2005, pp. 18-20; Copyright © Rusty Wright 2005.

Notes

1. O. H. Mowrer, "Sin, the Lesser of Two Evils," quoted in Henry R. Brandt, *The Struggle for Peace* (Wheaton, IL: Scripture Press Publications, 1965).
2. Mitch Stacy, "'Bruce Almighty' Phone Number Annoys Many," *Associated Press/AOL News*, May 28, 2003.
3. For detailed information on Jesus and evidence to support His claims, see www.WhoIsJesus-Really.com.
4. *The Life and Journal of the Rev. Mr. Henry Alline* (Boston, 1806), 31-40; selection abridged in Henry James, *The Varieties of Religious Experience* (New York: The Modern Library/Random House, 1936 [original copyright 1902]), 214-215.
5. Colossians 2:13-14 NLT.
6. 1 John 1:9 NLT.
7. For more on false guilt, see, Kerby Anderson, "False Guilt," www.probe.org/false-guilt/and Sue Bohlin, "It's Not Your Fault!" www.probe.org/its-not-your-fault/.
8. John 16:13.
9. John 16:8.
10. James 1:5 NLT.
11. 1 John 3:18-20 NIV.
12. John 8:44 NASB.
13. Revelation 12:9-10 NASB.
14. 1 John 4:4 NLT.

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“When Are We Truly Forgiven, at the Cross or at Confession?”

Some Christian writers have claimed it’s unnecessary for Christians to ask for God’s forgiveness since all our sins (pre- and post-conversion, past and future) were forgiven when Christ said “It is finished” (John 19:30). But two scriptures seem to contradict this: Jesus’ model prayer instructs us to pray for forgiveness for ourselves (Luke 11:4), and he says in Matthew 6:15 that God will not forgive us (assuming “us” refers to believers, as he is addressing his disciples) if we do not forgive others. When do you consider that we are truly forgiven, at the cross or when we confess our sin (1 John 1:9)?

Great question!

I think it’s frankly obnoxious to teach that we don’t have to ask for forgiveness when we sin. One follower of one of these writers you mention carried it so far as to make a personal vow that he didn’t ever have to say “I’m sorry” or “Please forgive me” when he hurt anyone because after all, his sins were forgiven at the Cross! (Need I elaborate on what that did to his marriage and family and workplace relationships???)

There is a difference between knowing we were forgiven at the cross, and experientially RECEIVING that forgiveness after we sin. It’s like the difference between standing at the bottom of a waterfall, thirsty, with our cup upside down. . . and turning the cup right side up to receive the water.

Forgiveness was offered to everyone at the Cross, but we don’t

experience it until we confess our sins and receive it by faith (turning our cups right side up). The question of when we are truly forgiven depends on if you're looking at it from God's perspective or from ours. God-wise, we were forgiven before we even knew we needed forgiveness. Man-wise, we are forgiven when we receive it.

Also, receiving forgiveness afresh when we sin is what reconnects our broken relationship with God and with others. Confession and forgiveness are intrinsically related to fellowship and intimacy.

Hope this helps!

Sue Bohlin
Probe Ministries

St. Augustine

Former Probe intern Tim Garrett explains that St. Augustine's The City of God *and his* Confessions *reveal not only a brilliant mind, but demonstrate his abiding concern to announce God's righteousness in His dealings with man.*

Who Was St. Augustine?

One of the most remarkable things about a close reading of Church history is that no one is beyond the reach of God's grace. In the New Testament we find that a man who called himself "the chief of sinners" due to his murderous hatred toward Christians was saved when Christ Himself appeared to him on the road to Damascus. What is clear from the account in the ninth chapter of the Book of Acts is that it was not Saul who was seeking Christ: instead, it was Christ who was seeking

Paul.

In modern times we see a similar situation in the life of C. S. Lewis. In *Surprised by Joy,* he recounts the night that he knelt to admit that God was God by calling himself "the most dejected and reluctant convert in all England." Like the Apostle Paul, we can see that Lewis was perfectly prepared to be an apologist for the faith, but that preparation occurred *before he ever became a Christian!* It is only after the fact that we see how God was actively seeking the sinner.

In this article we will examine another reluctant convert, a man whose life and ministry has been crucial to church history. His name was Aurelius Augustine: we know him as St. Augustine of Hippo. But until his conversion, Augustine was anything but a saint! Born in the year 354 in North Africa, Augustine was raised by a Christian mother and a pagan father. The father's main desire was that his son get a good education, while his mother constantly worried about her son's eternal destiny. Augustine indeed received a first class education, but his mother was tormented by his indulgent lifestyle. Augustine became involved with a concubine at the age of seventeen, a relationship which lasted thirteen years and produced one son. Recognizing that sexual lust was competing with Christ for his affections, Augustine uttered the famous prayer "Make me chaste Lord . . . but not yet."

While sexual passion ruled his heart, Augustine sought wisdom with his mind. After suffering enormous internal conflicts, Augustine submitted himself to Christ at the age of thirty-two, and soon thereafter became Bishop of Hippo. Augustine became a tireless defender of the faith, diligent in his role as a shepherd to the flock as well as one of the greatest intellects the Church has ever known.

In this look at the life of Augustine we will focus on two of his greatest books—the *Confessions*, and *The City of God*. As we will see, Augustine's life and work is a testimony to the

boundless mercy and grace of the Lord Jesus Christ.

Augustine's Youth

In a gripping television interview recently broadcast on *60 Minutes,* the man convicted of the Oklahoma City bombings spoke of his grievances against the federal government. During the interview, Timothy McVeigh revealed that his lawyers have filed an appeal that maintains that pre-trial publicity prevented him from getting a fair trial. Like many of us, McVeigh seems intent on avoiding the penalty of his actions; but rather than doing so by insisting upon his innocence, he is attempting to have the verdict thrown out due to a technicality.

It was truly disturbing to see an articulate young man such as McVeigh coldly dismiss the mass murder of innocents on the basis of a legal technicality. In many respects, his demeanor reflects the contemporary shift in attitude toward sin and guilt that has had devastating consequences for society. As a nation, America has seen a shift from a worldview primarily informed by biblical Christianity to one in which the individual is no longer responsible for his actions. Now it is either society or how one is raised that is given emphasis.

Against this cultural backdrop it is truly therapeutic to read Augustine's *Confessions.* Throughout this wonderful book, which is written in the form of a prayer, Augustine freely admits his willful disobedience to God. Augustine's intent is to reveal the perversity of the human heart, but specifically that of his own. But Augustine was not intent on just confessing his sinfulness: this book is also the confession of his faith in Christ as well. Augustine, as he is moved from a state of carnality to one of redemption, marvels at the goodness of God.

One of the most telling incidents in the *Confessions* is Augustine's recollection of a decisive event in his youth. He

and an assortment of friends knew of a pear tree not far from his house. Even though the pears on the tree didn't appeal to Augustine, he and his friends were intent on stealing the pears simply for the thrill of it. They had no need of the pears, and in fact ending up throwing them to some pigs. Augustine's account of this thievery reveals a penetrating insight into our dilemma as human beings. Whereas today many want to blame their parents or their environment for their problems, Augustine admits that his sole motive was a love of wickedness: he *enjoyed* his disobedience.

This reflects one of Augustine's major contributions to Christian theology: his emphasis on the perversity of the human will. We would all do well to read Augustine's *Confessions* if only to remind us that evil isn't simply a sickness but a condition of the heart that only Jesus Christ can heal.

Augustine's Search for Wisdom

In his fascinating book entitled *Degenerate Moderns,* author Michael Jones convincingly documents how many of the intellectual gurus of the modern era have conformed truth to their own desires. Jones research reveals how Margaret Mead, Alfred Kinsey, and other prominent trend-setters intentionally lied in their research in order to justify their own sexual immorality. Sadly, contemporary culture has swallowed their findings, leading many to conclude that sexual immorality is both normal and legitimate.

However, when we turn to Augustine's *Confessions,* we see someone who has subordinated his own desires to the truth. The *Confessions* is an account of how Augustine attempted to satisfy the longings of his heart with professional ambition, entertainment, and sex, yet remained unfulfilled. One of Augustine's most famous prayers is therefore the theme of the whole book: "Our hearts are restless until they find their rest in Thee, O God." Only by submitting his own desires to

the Lordship of Christ did Augustine find the peace that he was seeking.

But that submission did not come easy. Throughout most of his adult life, Augustine had been seeking to discover wisdom. But two questions were especially disturbing for him: What is the source of evil, and How can a Being without physical properties exist? Obviously, this second question was a barrier to his belief in the God of the Bible. In his search for answers, Augustine became involved with a group known as the Manichees, who combined Christian teaching with the philosophy of Plato. Plato's philosophy helped convince Augustine that existence did not require physical properties, but he found their answer to the question of evil problematic, and after eight years as a seeker left the Manichees.

Still, the most difficult barrier for Augustine was not intellectual, but a matter of the heart. He eventually came to the point where he knew he should submit himself to Christ, but was reluctant to do so if it meant giving up his relationship with his concubine. One day, while strolling through a walled garden, Augustine heard from the other side of the wall what sounded like a child's voice, saying "pick up and read, pick up and read." At first he thought it was a children's game. Then, acknowledging what he took to be a command of the Lord, he picked up a nearby Bible, and upon opening it immediately came to Romans 13:13-14, words tailor made for Augustine: "Not in riots and drunken parties, not in eroticisms and indecencies, not in strife and rivalry, but put on the Lord Jesus Christ and make no provision for the flesh in its lusts." Augustine's search for wisdom was complete, as he acknowledged that wisdom is ultimately a *person*: Jesus Christ. The wisdom of God had satisfied his deepest longings.

Augustine's Philosophy of History: *The*

City of God

The United States is currently going through what some call a "culture war." On the one hand there are those who believe in eternal truth and the importance of maintaining traditional morality. At the other end of the spectrum are those who believe that the individual is autonomous and should be free to live as he pleases without anyone telling him what is right or wrong. Until thirty years ago the first group held sway. Today, that same group is considered divisive and extreme by the "politically correct" mainstream culture.

But culture wars are not unique to modern America. In the year 410, mighty Rome was sacked by an invading army of Goths. Soon thereafter, the search was on for a scapegoat. In the year 381 Christianity superceded the ancient religion of the Romans as *the* state religion. This enraged those who favored the old state religion, who claimed that Rome had gained world supremacy due to the favor of the ancient gods. When Rome officially accepted the Christian God and forsook the gods, the gods were said to have withdrawn their favor and allowed the invading armies to breach the walls of Rome in order to demonstrate their anger at being replaced by the Christian God. Educated Romans found such an argument silly, but an even more serious charge was that Christians were disloyal to the state, since their allegiance was ultimately to God. Therefore, Christianity was blamed for a loss of patriotism since Christians believed themselves to ultimately be citizens of another kingdom¾the Kingdom of God.

Augustine responded to these accusations by writing his philosophy of history in a book entitled *The City of God*. Augustine spent thirteen years researching and writing this work, which takes it title from Psalm 87:3: "Glorious things are spoken of you, O City of God." Augustine's main thesis is that there are two cities that place demands on our allegiance. The City of Man is populated by those who love

themselves and hold God in contempt, while the City of God is populated by those who love God and hold themselves in contempt. Augustine hoped to show that the citizens of the City of God were more beneficial to the interests of Rome than those who inhabit the City of Man.

For anyone interested in the current debate between secularists and the "Religious Right," Augustine's argument is a masterful combination of historical research and literary eloquence. Christians in particular would be well served by studying this important document, since believers are often accused of being divisive and extreme, characteristics considered by some as un-American.

In Augustine's time, it was asserted that the values of Christianity were not consistent with good Roman citizenship. But Augustine's historical investigation revealed that it is sin that is at the root of all our problems: starting with Cain's murder of Abel, the sin of Adam has borne terrible consequences.

Much of Augustine's task was to demonstrate the consequences of a society that loses its moral compass. Augustine took it upon himself to demonstrate the falsity of the assertion that the Christian worldview is incompatible with civic life. Those who maintained that the acceptance of Christian virtues had had a direct bearing on Rome's fall did so primarily from a very limited perspective. The clear implication was that Christianity, a religion that asks its adherents to love their neighbor and pray for their enemies, had fostered a society incapable of defending itself against its more vicious neighbors.

Augustine's response was to demonstrate that Rome had suffered through numerous catastrophes *long* before Christianity ever became the religion of the Romans. Actually, it was due to the respect of the Goths for Christianity that their attack wasn't worse than it was: they relented after only three days.

Against those who claimed that Christians could not be loyal citizens due to their higher allegiance to God, Augustine reminded them that the Old and New Testament Scriptures actually *command* obedience to the civil authorities. And any assertion that Christianity had weakened the defense of the empire failed to acknowledge the real cause of Rome's collapse, namely that Rome's moral degeneracy had created a society where justice was no longer valued. Augustine quotes the Roman historians as themselves recognizing the brutality at the very root of the nation, beginning with Romulus' murder of his brother Remus.

Augustine's analysis came to conclude that the virtues of Christianity are most consistent with good citizenship, and then went on to show the biblical distinction between the founding of Rome and that of the City of God. Just as Rome's origins date back to the dispute between Romulus and Remus, the City of God had its origin in the conflict between Cain and Abel. The City of Man and the City of God have intermingled ever since, and only at the final judgment of Christ will "the tares be separated from the wheat." For Augustine, the ultimate meaning of history will be borne out only when each one of us acknowledges who it was that we loved most: ourselves, or God.

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