

# Crime and Punishment – A Christian View of Dostoevsky's Classic Novel

*Michael Gleghorn looks at the famous novel through a Christian worldview lens to see what truths Dostoevsky may have for us. We learn that this great novel records the fall of man into a degraded state but ends with the beginning of his restoration through the ministry of a selfless, Christian woman.*

## Introduction and Overview

In 1866 the Russian novelist Fyodor Dostoevsky published *Crime and Punishment*, one of his greatest novels. It's a penetrating study of the psychology of sin, guilt, and redemption, and it haunts the reader long after the final page has been read. It tells the story of an intelligent, but impoverished, young Russian intellectual named Raskolnikov. Under the unfortunate influence of a particularly pernicious theory of society and human nature, he exalts himself above the moral law, grievously transgresses it by committing two murders, "and plunges into a hell of persecution, madness and terror."[\[1\]](#)

Raskolnikov had conceived of himself as a great and extraordinary man, on the order of a Napoleon. He tried to convince himself that he wasn't bound by the same tired old moral code that the vast mass of humanity lives in recognition of, if not obedience to—the merely *ordinary* men and women who accomplish little and amount to less. Nevertheless, after committing his horrible crime, he finds that he cannot escape his punishment: he cannot silence his sensitive and overburdened conscience. In the end, when he can stand it no longer, he decides to confess his crime and accept suffering as a means of atonement.

Joseph Frank observes that Dostoevsky, the author of this story, had “long been preoccupied with the question of crime and conscience.”<sup>{2}</sup> In one of his letters, Dostoevsky describes his story as the “psychological report of a crime.”<sup>{3}</sup> The crime is committed, he says, by “a young man, expelled from the university . . . and living in the midst of the direst poverty.” Coming under the influence of “the strange, ‘unfinished’ ideas that float in the atmosphere,” he decides to murder an old pawnbroker and steal her money. Dostoevsky describes the old woman as “stupid and ailing,” “greedy” and “evil.” Why, it would hardly be a crime at all to murder such a wretched person! What’s more, with the money from his crime, the young man can “finish his studies, go abroad,” and devote the rest of his life to the benefit of humanity!

Inspired by these thoughts, the young man goes through with the crime and murders the old woman. But, notes Dostoevsky, “here is where the entire psychological process of the crime is unfolded. Insoluble problems confront the murderer, unsuspected and unexpected feelings torment his heart . . . and he finishes by *being forced* to denounce himself.”

This, in brief, is the story of *Crime and Punishment*. In what follows, we’ll take a closer look at the theory which led Raskolnikov to commit his crime. Then we’ll consider why the theory proved false when Raskolnikov actually attempted to put it into practice.

## The Ordinary and Extraordinary

Raskolnikov committed two murders, in part simply to see if he really has the bravado to put his theories into practice. But what are these ideas? Where do they come from? And why do they lead Raskolnikov to such heinous actions?

Essentially, Raskolnikov’s theory, which was partially

developed in an article on crime that he had written, holds that all men, by a kind of law of nature, are divided into two distinct classes: the *ordinary* and the *extraordinary*. This theory, which finds some of its philosophical roots in the writings of men like Hegel and Nietzsche, claims that ordinary men exist merely for the purpose of reproduction by which, at length, the occasional, extraordinary man might arise. Raskolnikov declares, "The vast mass of mankind is mere material, and only exists in order by some great effort, by some mysterious process, by means of some crossing of races and stocks, to bring into the world at last perhaps one man out of a thousand with a spark of independence." The man of genius is rarer still, "and the great geniuses, the crown of humanity, appear on earth perhaps one in many thousand millions." {4}

The distinctive features of the ordinary man are a conservative temperament and a law-abiding disposition. But extraordinary men "all transgress the law." Indeed, says Raskolnikov, "if such a one is forced for the sake of his idea to step over a corpse or wade through blood, he can . . . find . . . in his own conscience, a sanction for wading through blood." {5} So the extraordinary man has the right—indeed, depending on the value of his ideas, he may even have the duty—to destroy those who stand in his way. After all, Raskolnikov observes, such ideas may benefit "the whole of humanity." {6} But how can we know if we are merely ordinary men, or whether, perhaps, we are extraordinary? How can we know if we have the *right* to transgress the law to achieve our own ends?

Raskolnikov admits that confusion regarding one's class is indeed possible. But he thinks "the mistake can only arise . . . among the ordinary people" who sometimes like to imagine themselves more advanced than they really are. And we needn't worry much about that, for such people are "very conscientious" and will impose "public acts of penitence upon

themselves with a beautiful and edifying effect.”{7}

But as we’ll see, it’s one of the ironies of this novel that Raskolnikov, who committed murder because he thought himself extraordinary, made precisely this tragic mistake.

## A Walking Contradiction

James Roberts observes that Raskolnikov “is best seen as two characters. He sometimes acts in one manner and then suddenly in a manner completely contradictory.”{8} Evidence for this can be seen throughout the novel. In this way, Dostoevsky makes clear, right from the beginning of his story, that Raskolnikov is *not* an extraordinary man, at least not in the sense in which Raskolnikov himself uses that term in his theory of human nature.

In the opening pages of the novel, we see Raskolnikov at war with himself as he debates his intention to murder an old pawnbroker. “I want to attempt a thing *like that*,” he says to himself.{9} Then, after visiting the old woman’s flat, ostensibly to pawn a watch, but in reality as a sort of “dress rehearsal” for the murder, he again questions himself: “How could such an atrocious thing come into my head? What filthy things my heart is capable of. Yes, filthy above all . . . loathsome!”{10}

This inner battle suggests that Raskolnikov has mistaken himself for an *extraordinary* man, a man bound neither by the rules of society, nor the higher moral law. But in fact, he’s actually just a conscientious *ordinary* man. The portrait Dostoevsky paints of him is really quite complex. He often appears to be a sensitive, though confused, young intellectual, who’s been led to entertain his wild ideas more as a result of dire poverty and self-imposed isolation from his fellow man, rather than from sheer malice or selfish ambition.

In fear and trembling he commits two murders, partly out of a confused desire to thereby benefit the rest of humanity, and partly out of a seemingly genuine concern to really live in accordance with his theories. Ironically, while the murders are partly committed with the idea of taking the old pawnbroker's money to advance Raskolnikov's plans, he never attempts to use the money, but merely buries it under a stone. What's more, Raskolnikov is portrayed as one of the more generous characters in the novel. On more than one occasion, he literally gives away all the money he has to help meet the needs of others. Finally, while Raskolnikov is helped toward confessing his crime through the varied efforts of Porfiry Petrovich, the brilliant, yet compassionate, criminal investigator, and Sonia, the humble, selfless prostitute, nevertheless, it's primarily Raskolnikov's own tormented conscience that, at length, virtually forces him to confess to the murders.

So while Raskolnikov is guilty, he's not completely lost. He still retains a conscience, as well as some degree of genuine compassion toward others. Dostoevsky wants us to see that there's still hope for Raskolnikov!

## **The Hope of Restoration**

After Raskolnikov commits the two murders, he finds himself confronted with the desperate need to be reconciled with God and his fellow man. From the beginning of the story, Raskolnikov is portrayed as somewhat alienated from his fellows. But once he commits the murders, he experiences a decisive break, both spiritually and psychologically, from the rest of humanity. Indeed, when he murders the old pawnbroker and her sister, something within Raskolnikov also dies. The bond that unites him with all other men in a common humanity is destroyed—or “dies”—as a sort of poetic justice for murdering the two women.

This death, which separates Raskolnikov both from God and his fellow man, can only be reversed through a miracle of divine grace and power. In the novel, the biblical paradigm for this great miracle is the story of the raising of Lazarus. Just as Lazarus died, and was then restored to life through the miraculous power of God in Christ, so also, in Dostoevsky's story, Raskolnikov's "death" is neither permanent nor irreversible. He too can be "restored to life." He too can be reconciled with God and man.

While this theme of death and restoration to life is somewhat subtle, nevertheless, Dostoevsky probably intended it as one of the primary themes of the novel. In the first place, it is emphasized by Sonia, Porfiry Petrovich, and Raskolnikov's own sister, that only by confessing his crime and accepting his punishment can Raskolnikov again be *restored* to the rest of humanity. In this way, Dostoevsky repeatedly emphasizes the "death" of Raskolnikov.

In addition, the raising of Lazarus is mentioned at least three times in the novel. One time is when, in the midst of a heated discussion, Porfiry specifically asks Raskolnikov if he believes in the raising of Lazarus, to which Raskolnikov responds that he does.[{11}](#) This affirmation foreshadows some hope for Raskolnikov, for the fact that he believes in this miracle at least makes possible the belief that God can also work a miracle in his own life. Secondly, the only extended portion of Scripture cited in the novel relates the story of Lazarus. In fact, it's Raskolnikov himself, tormented by what he's done, who asks Sonia to read him the story.[{12}](#) Finally, at the end of the novel, the raising of Lazarus is mentioned yet again, this time as Raskolnikov recollects Sonia's previous reading of the story to him.[{13}](#) Interestingly, this final reference to the raising of Lazarus occurs in the context of Raskolnikov's own "restoration to life."

## Restored to Life

Near the end of the novel, Raskolnikov at last goes to the police station and confesses to the murders: *"It was I killed the old pawnbroker woman and her sister Lizaveta with an axe and robbed them."*[{14}](#) He is sentenced to eight years in a Siberian labor prison. Sonia, true to her promise, selflessly follows him there. Early one morning she comes to visit Raskolnikov. Overcome with emotion, he begins weeping and throws himself at her feet. Sonia is terrified. "But at the same moment she understood . . . . She knew . . . that he loved her . . . and that at last the moment had come."[{15}](#) God's love, mediated through Sonia, had finally broken through to Raskolnikov: "He had risen again and he . . . felt in it all his being."[{16}](#)

Although Raskolnikov had previously been something of an outcast with his fellow inmates, nevertheless, on the day of his "restoration," his relations with them begin to improve. Dostoevsky writes:

*He . . . fancied that day that all the convicts who had been his enemies looked at him differently; he had even entered into talk with them and they answered him in a friendly way. He remembered that now, and thought it was bound to be so. Wasn't everything now bound to be changed?*[{17}](#)

What's more, Dostoevsky also implies that Raskolnikov is being restored to relationship with God. Picking up the New Testament that Sonia had given him, "one thought passed through his mind: 'Can her convictions not be mine now? Her feelings, her aspirations at least . . .'"[{18}](#) And Dostoevsky then concludes his great novel by stating: "But that is the beginning of a new story—the story of the gradual renewal of a man, the story of his gradual regeneration, of his passing from one world into another, of his initiation into a new unknown life."[{19}](#)

So by the end of the novel, Raskolnikov, as a type of Lazarus, has experienced his own “restoration to life.” He is ready to begin “his initiation into a new unknown life.” And interestingly, the grace which brings about Raskolnikov’s restoration is primarily mediated to him through the quiet, humble love of Sonia, a prostitute. Just as God was not ashamed to have his own Son, humanly speaking, descended from some who were murderers and some who were prostitutes—for it was just such people He came to save—so also, in Dostoevsky’s story, God is not ashamed to extend His forgiveness and grace to a prostitute, and through her to a murderer as well. *Crime and Punishment* thus ends on a note of hope, for the guilty can be forgiven and the dead restored to life!

## Notes

1. Fyodor Dostoevsky, *Crime and Punishment*, trans. Constance Garnett (New York: Bantam Books, 1987). Citation from cover blurb on back of book.
2. Joseph Frank, “Introduction” to Dostoevsky, *Crime and Punishment*, ix.
3. The citations from Dostoevsky’s letter come from Joseph Frank’s “Introduction” to Dostoevsky, *Crime and Punishment*, viii-ix.
4. Dostoevsky, *Crime and Punishment*, 229.
5. Ibid., 227.
6. Ibid., 226.
7. Ibid., 228.
8. James Roberts, *Cliffs Notes on Dostoevsky’s Crime and Punishment*, ed. Gary Carey (Lincoln, Nebraska: Cliffs Notes, Inc.), 70.
9. Dostoevsky, *Crime and Punishment*, 2.
10. Ibid., 7.
11. Ibid., 227.
12. Ibid., 283.
13. Ibid., 472.
14. Ibid., 458.



15. Ibid., 471.
16. Ibid.
17. Ibid.
18. Ibid., 472.
19. Ibid.

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# 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 inbound 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.

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## 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](http://www.WhoIsJesus-Really.com).
4. *The Life and Journal of the Rev. Mr. Henry Aline* (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/](http://www.probe.org/false-guilt/) and Sue Bohlin, "It's Not Your Fault!" [www.probe.org/its-not-your-fault/](http://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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# Making Moral Choices – From A

# Biblical Perspective

# Worldview

*Kerby Anderson addresses making moral choices using the Bible and biblical principles, using both philosophical and practical approaches.*

## Love and Biblical Morality

✖ A Christian view of morality is based upon the assumption that God exists and has revealed Himself to the human race. He has chosen to reveal Himself in nature (Psalm 19, Romans 1) and in human conscience (Romans 2:14-15). He has also revealed Himself through the Bible (Psalm 119, 2 Timothy 3:16) and in the person of Jesus Christ (John 10:30, Hebrews 1:1-4).

God's character is the ultimate standard of right and wrong. And even though the Bible was written long before the development of genetic engineering or modern media, it nevertheless provides principles that can be used to evaluate the morality of social, scientific, and technological issues.

Biblical morality can be developed from learning to live God's way according to biblical principles. Though the Christian life is much more than a set of rules or principles, these principles do provide moral boundaries for behavior.

Biblical morality is also based upon love that has its source in God. Jesus was asked by the teachers of the law which was the most important commandment. "The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these" (Mark 12:29-31).

The two most important commandments are to love God and to love your neighbor. Essentially all biblical principles rest upon this foundation. And these principles can be found in God's revelation in the Bible. God's character as expressed in God's Word should be diligently applied to every area of life.

Jesus also taught Christians to love their enemies (Matthew 5:44-45): "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies and pray for those who persecute you." As his opening phrase suggests, this was not the common practice of the day. In fact, it was completely contrary to the concept of love practiced in that day or even in our day.

The apostle Paul teaches that love is "the law of Christ" and thereby supreme and sufficient (Galatians 5:14; 6:2). He also teaches that love is the foundation of Christian obedience. Even if we manifest the gifts of the Spirit and do good works, they do not profit us unless they are done in love (1 Corinthians 13:1-3).

He also teaches that God shows His love to us in that Christ died for us (Romans 5:8) and that nothing will separate us from the love of Christ (Rom. 6:37-39). And this is not just a theological truth, but the "love of Christ controls us" (2 Corinthians 5:14) and provides us with an ability to live the Christian life.

## **Knowing God's Will**

How do we make proper moral choices based upon biblical principles? The Bible does provide biblical guidelines on a vast array of issues. Christians also have the liberty to make individual moral choices in areas of moral neutrality. Ultimately, making moral choices involves discerning the will of God in one's life.

Whole books have been written on how we can know the will of

God, but we can summarize a few key principles here.

First, we can know God's will through the Bible. Before considering any other way to discern God's will, one should ask whether the Bible has already provided guidance in this area. The Bible is full of God's specific commands and principles.

A teenager doesn't have to ask if he should get drunk; the Bible has already addressed that issue (Ephesians 5:18). An unmarried couple doesn't need to ask if they should live together before they marry. Again, the Bible has addressed the topic (1 Corinthians 6:18).

The Bible provides boundaries and barriers to our moral actions. We are to stay within those moral boundaries. Paul, writing to the church in Corinth (1 Corinthians 4:6), told them "Do not go beyond what is written."

A second way we discern God's will is through prayer. We are commanded to bring our requests before God. In Philippians 4:6 we are told: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

If we are earnestly reading the Bible and seeking God's will, He will reveal it to us, often through the work of the Holy Spirit in our lives. We read in Romans 8:27 that "The Spirit intercedes for the saints in accordance with God's will."

A third way we discern God's will is through our conscience. If our conscience is troubling us about a particular action or behavior, then we should refrain from that activity. Paul says that each person "must be fully convinced in his own mind" (Romans 14:5). He adds that "whatever is not from faith is sin" (Romans 14:23).

The opposite is not necessarily true. In other words, conscience is a good stop sign but not a green light. A

troubled conscience is sufficient justification to refrain, and a guilty conscience is reason enough to stop a particular action or behavior.

A clear conscience is no justification for proceeding. The Bible teaches that, "The heart is deceitful above all things and beyond cure. Who can understand it?" (Jeremiah 17:9). We can easily deceive ourselves into sin.

Christians should strive to have a good conscience before God and man (Acts 24:16). A troubled conscience is reason to avoid an action, but a clear conscience may not be sufficient justification to proceed.

## **Christian Liberty**

What about times when the Bible does not clearly seem to speak to a particular action? These areas of moral neutrality are still governed by biblical principles that guide our Christian liberty.

Even though a particular action may not be prohibited in Scripture, it still may be offensive to others because of their social, ethnic, or religious background. Another person's family background or spiritual maturity is also a consideration Christians must make.

The Apostle Paul articulates the principles guiding our liberty in Romans 14-15. The specific example that he uses involves the eating of meat sacrificed to idols. While this issue is of no moral concern today, it does provide key biblical principles which we can apply in determining our response to issues not specifically addressed in the Bible.

The first principle is that Christians are not to have a judgmental attitude toward one another in regard to issues that are morally neutral. Paul says in Romans 14:3 that the "one who eats is not to regard with contempt the one who does

not eat” nor should the “one who does not eat . . . judge the one who eats.” In other words, whether you participate in or refrain from a morally neutral activity, you should not be judgmental of the other person.

No one has the right to force their moral conclusions on others when the Bible does not provide clear principles on the matter. Paul asks in Romans 14:4, “Who are you to judge the servant of another?” Christians are instructed to decide these matters for themselves as they consult the Bible and their conscience.

Second, each Christian must decide what is right or wrong for him or her. Paul teaches that if you believe a particular action to be wrong for you, then it is wrong. He says in Romans 14:4, “I know and am convinced in the Lord Jesus that nothing is unclean in itself; but to him who thinks anything to be unclean, to him it is unclean.”

He taught that all things were clean. In other words, there was no sin in eating meat sacrificed to idols (it was morally neutral). But he also teaches that if a person believes it is sinful to indulge in a practice, then it is indeed sinful for them.

Each person “must be fully convinced in his own mind” (Romans 14:5). If there is doubt, then it is better to refrain from participating rather than engaging in what has become a sinful action for the person. Doubt or uncertainty is a sufficient reason to refrain from a particular activity or behavior.

A key test of Christian obedience is whether a person can do so “for the Lord” (Romans 14:6). Christians are to “live for the Lord” because “we are the Lord’s” (Romans 14:8). If one cannot participate in an activity while serving the Lord, then he or she should refrain. Paul says that “whatever is not from faith is sin” (Romans 14:23).

A third principle is whether a morally neutral activity would be “an obstacle or a stumbling block” to another believer (Romans 14:13). Christians should be aware of their actions on the Christian walk of others around them. While we may have liberty in Christ to participate in an action or behavior, another believer might be offended or adversely affected by what we do.

Paul teaches that we have a moral responsibility to other believers. He says, “we who are strong ought to bear the weaknesses of those without strength” (Romans 15:1). In order to do so we may have to limit our Christian liberty.

At the same time there is a balance between enjoying our liberty in Christ and trying not to give offense. If one believes he or she can participate in an activity, then one should do so with that firm “conviction before God” (Romans 14:22). But it would be wise not to participate publicly but privately for the sake of a believer who might be hurt by one’s actions (Romans 14:15).

A final principle is how a particular action or behavior will affect the individual believer’s walk with the Lord. Paul says in 1 Corinthians 6:12 that; “All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”

Although these morally neutral practices are lawful, they may not be profitable and could actually master (or enslave) a person. There is nothing in the Bible about such things as poor nutrition, addiction to caffeine, or watching lots of television, yet most would agree that such behaviors are not profitable. In fact, they are frequently debilitating to the individual. Paul reminds us in 1 Corinthians 10:31 that whether “you eat or drink or whatever you do, do all to the glory of God.”

# Honesty and Biblical Morality

Although the Bible admonishes us to be honest and to tell the truth, honesty seems to be at an all-time low. One study of high school students found that 71 percent of them admitted to cheating on an exam at least once in the last twelve months. And 92 percent of them said they lied to their parents in the last twelve months while 79 percent said they did so two or more times. So what does the Bible say about honesty and truth?

The Old Testament calls upon the people of God to deal honestly with one another. Leviticus 9:35 says "You shall do no wrong in judgment, in measurement of weight, or capacity." Likewise, Proverbs 11:1 warns that "A false balance is an abomination to the Lord." Believers are to use honest weights and be honest in their dealings with others.

A righteous person does not "take a bribe against the innocent" (Psalm 15:5). Isaiah (5:23) pronounces judgment on those "who justify the wicked for a bribe, and take away the rights of the ones who are in the right."

The New Testament admonishes Christians to "have a good conscience" and desire to conduct themselves "honorably in all things" (Hebrews. 13:18). Paul said he attempted to always maintain "a blameless conscience *both* before God and before men" (Acts 24:16). Christians should "have regard for what is honorable, not only in the sight of the Lord, but also in the sight of men" (2 Corinthians 8:21).

Honesty also requires telling the truth. The Ten Commandments forbids both the swearing of false oaths and the bearing of false testimony (Exodus 20:7, 16; Deuteronomy 5:11, 20; cf. Leviticus 19:12; Jeremiah 7:9). In the Old Testament, false witnesses were to suffer the same punishment that they had hoped to inflict upon the others (Deuteronomy 19:16-21).



Telling the truth also involved more than false testimony in a court. Believers are not to spread false reports (Proverbs 12:17; 14:5, 25) or report the truth maliciously or engage in slander (Leviticus 19:16; Proverbs 26:20).

Speaking evil is prohibited (Psalm 34:13; Proverbs 24:28; Ephesians 4:31; James 4:11; 1 Peter 3:10), and it disqualifies a person from God's favor (Psalm 15:3) and from a leadership position in the church (1 Timothy 3:8; Titus 2:3).

In the Old Testament, oaths and vows were used many times. Abraham (Genesis 21:22-34), Jacob (Genesis 25:33; 28:20), Joseph (Genesis 50:5), Joshua (Joshua 6:26), Hannah (1 Samuel 1:11), Saul (1 Samuel 14:24), David (1 Samuel 20:17), Ezra (Ezra 10:5), and Nehemiah (Nehemiah 13:25) all swore oaths or vows. The swearing of these oaths and vows underscores the seriousness of telling the truth and following up on one's commitment.

We need truth telling today like never before. Perhaps the greatest battle in society today is a battle over truth. Voters are skeptical of politicians. Proponents of various biomedical procedures (abortion, cloning) often redefine terms and mislead the public about the true nature of the procedures they advocate. We need Christians to set an example by being honest and telling the truth.

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## **Violence in the Schoolyard:**

# Why?

America is becoming an increasingly dangerous place to live. Random violence. Drive-by shootings. Columbine. A twelve-year old boy kills his schoolmate with a pistol he has brought to school. Why? “Well, he ticked me off!” was the reply.

No remorse. . . No conscience.

Do you know what a “feral” hog is? We have some here in Texas – domesticated pigs which have escaped into the brushy Hill Country and live there as wild as their smaller, wild cousins, the Javelinas.

There have been feral children, too. Perhaps the most famous was a teenage boy spotted one day naked and loping up a hill on all fours in Aveyron, France. He was captured on July 25, 1799 and extensive attempts were made to “rehabilitate” and “domesticate” him. These ended largely in failure, including Herculean efforts to teach him to speak (he was mute when first found).

Anyone who has ever observed children suddenly transplanted into another culture are amazed at the way they take to the local language like “ducks to water!” Why? Because children from age one to seven or eight have an enormous capacity to learn – to absorb sights and sounds and smells and everything!

Children have a conscience, too. It is not yet fully formed by way of specifics, but like the capacity to learn language, they possess the ideas of right and wrong. As they grow, through experience, parental guidance and discipline, school, church, etc., they come to embrace moral concepts as easily and automatically as they do linguistic ones.

Today we tend to be “politically correct” and to not push our personal, moral, and religious agendas off on others. We are hesitant to speak of right and wrong in public for fear of

offending.

You see, it is assumed that we already know what is right and what is wrong. It is assumed that you know that. And that the children know. . .

But they don't know. Their conscience must be educated, and this is the problem. Children are growing up in America as crippled morally as that wild boy in Aveyon was, linguistically and socially. We have raised an entire generation of "morally feral" children!

I have a good friend of thirty-five years who sold his business and began to use his time in ministering to students at the large, state university in his city. He began to meet with students daily in the student center on campus. Jay was seminary trained and is one of the most effective personal workers I have ever known.

He told me recently that he asks the same question of almost every student: "If you knew God does exist, and it were possible for you to have a personal interview or conversation with Him, what would you ask Him?"

Jay said that SIXTY PERCENT of those have replied with something like, "Gee. . . Gosh! I've never thought about that. . . I don't know what I'd ask Him. . . I guess nothing!"

What they have lots to say about, however, is that no one should be excluded, and everyone's opinion is true because it is "true to them." This is practicing "tolerance." And anyone who doesn't hold this view is a bigot. They think it a crime of the highest order to exclude anyone on the basis of personal belief or lifestyle.

Actually, tolerance is a Christian virtue and should be practiced. But what does it really mean? It doesn't mean that all lifestyles must be accepted. That is not tolerance, but rather, surrender – tacit acceptance of all behavior with no

regard to standards of any kind.

What kind of “tolerance” did Jesus practice? We are told that He was *full* of grace and truth. And these two were always in perfect balance. We, however, tend toward the extremes of these – so full of grace that we compromise the Gospel, or so full of truth that no one can stand us!

Over and over again, we see Jesus “nudging” people toward truth: Nicodemus. The rich young ruler. The parables. The woman at the well. Pilate. Will Rogers is probably known best for his famous quote: “I never met a man I didn’t like.” It could be said of Jesus that He never met a person He didn’t love. He loved and accepted every person He met, including those whose behavior He could not condone. That’s tolerance. To the woman caught in the act of adultery He said, “Neither do I condemn you (grace); go and sin no more (truth)!”

Jesus pressed. He wanted people to understand truth so much that He was not afraid to offend them if it would help to accomplish that purpose.

And so must we upon occasion. Remember: Even God is not universally admired!

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## **False Guilt – Refusing Christ’s Atonement**

*Kerby Anderson provides an insightful look at the important topic of false guilt. He helps us look at the sources of false guilt, it’s consequences and the cure in Jesus Christ. If we refuse to fully accept Christ’s atonement we can be trapped*

*in false guilt, instead we should embrace His atonement and accept what He did on the cross for us.*

## **Introduction**

Have you ever felt guilty? Of course you have, usually because you were indeed guilty. But what about those times when you have feelings of guilt even when you didn't do anything wrong? We would call this false guilt, and that is the subject of this essay.

False guilt usually comes from an overactive conscience. It's that badgering pushing voice that runs you and your self-image into the ground. It nags: "You call this acceptable? You think this is enough? Look at all you've not yet done! Look at all you have done that's not acceptable! Get going!"

You probably know the feeling. You start the day feeling like you are in a hole. You feel like you can never do enough. You have this overactive sense of duty and can never seem to rest. One person said he "felt more like a human doing than a human being." Your behavior is driven by a sense of guilt. That is what we will be talking about in these pages.

Much of the material for this discussion is taken from the book entitled *False Guilt* by Steve Shores. His goal is to help you determine if you (1) have an overactive conscience and (2) are driven by false guilt. If these are problem areas for you, he provides practical solutions so you can break the cycle of false guilt. I recommend his book especially if you can recognize yourself in some of the material we cover in this essay.

In his book, Steve Shores poses three sets of questions, each with some explanation. An affirmative answer to any or all of these questions may indicate that you struggle with false guilt and an overactive conscience.

1. Do you ever feel like this: "Something is wrong with me.

There is some stain on me, or something badly flawed that I can neither scrub out nor repair"? Does this feeling persist even though you have become a Christian?

2. Is Thanksgiving sort of a difficult time of year for you? Do you find it hard to muster up the Norman Rockwell spirit—you know... Mom and Dad and grandparents and kids all seated around mounds of food? Dad is carving the turkey with a sure and gentle expression on his face, and everyone looks so...well, so thankful? Do you find yourself, at any time of the year, dutifully thanking or praising God without much passion?

3. How big is your dance floor? What I mean is, How much freedom do you have? Do you feel confined by Christianity? To you, is it mainly a set of restrictions? Is it primarily a source of limits: don't do this, and don't do that? Does your Christianity have more to do with walls than with windows? Is it a place of narrowness or a place where light and air and liberty pour in?

Usually a person driven by false guilt is afraid of freedom because in every act of freedom is the possibility of offending someone. Offending someone is unacceptable. Other people are seen as pipelines of approval. If they're offended, the pipeline shuts down.

False guilt, along with an overactive conscience, is a hard master. As we turn now to look at the causes and the cures for false guilt, we hope to explain how to break down the confining walls and tiresome chains that may have kept you or a loved one in bondage to false guilt.

## **The Source of False Guilt**

Next, I would like to focus on the source of false guilt: an overactive conscience. What is an overactive conscience? How does it function? Steve Shores says, "The mission of a person's overactive conscience is to attract the expectations

of others.”

Imagine a light bulb glowing brightly on a warm summer’s night. What do you see in your mind’s eye? Bugs. Bugs of every variety are attracted to that light. The light bulb serves as a magnet for these insects. Imagine that light is an overactive conscience. The expectations of others are the “bugs” that are attracted to the “light” of an overactive conscience.

Now imagine a light bulb burning inside a screened porch. The bugs are still attracted, but they bounce off the screen. The overactive conscience has no screen. But it is more than that. The overactive conscience doesn’t want a screen. The more “bugs” the better. Why? Because the whole purpose is to meet expectations in order to gain approval and fill up the emptiness of the soul. This is an overactive conscience, a light bulb with lots of bugs and no screen.

A key to understanding the overactive conscience is the word “active.” Someone with false guilt has a conscience that is always on the go. False guilt makes a person restless, continually looking for a rule to be kept, a scruple to observe, an expectation to be fulfilled, or a way to be an asset to a person or a group.

The idea of being an asset is a crucial point. When I am an asset, then I am a “good” person and life works pretty well. When I fear I’ve let someone down, then I am a liability. My life falls apart, and I will work hard to win my way back into the favor of others.

So an overactive conscience is like a magnet for expectations. These expectations come from oneself, parents (whether alive or not), friends, bosses, peers, God, or distorted images of God. False guilt makes the overactive conscience voracious for expectations. False guilt is always looking for people to please and rules to be kept.

An overactive conscience is also seeking to keep the “carrot” of acceptance just out of reach. This “carrot” includes self-acceptance and acceptance from others and from God. The guilt-ridden conscience continually says, “Your efforts are not good enough. You must keep trying because, even if your attempts don’t measure up, the trying itself counts as something.”

For that reason, an overactive conscience is not happy at rest. Though rest is the birthright of the Christian, relaxing is just too dangerous, i.e., relaxing might bring down my guard, and I might miss signs of rejection. Besides, acceptance is conditional, and I must continually prove my worthiness to others. I can never be a liability if I am to expect acceptance to continue. It is hard to relax because I must be ever fearful of letting someone down and must constantly work to gain acceptance.

In summary, a person with false guilt and an overactive conscience spends much of his or her life worn out. Unrelenting efforts to meet the expectations of others can have some very negative consequences.

## **The Consequences of False Guilt**

Now I would like to focus on the consequences of false guilt. An overactive conscience can keep you in a state of constant uncertainty. You never know if you measure up. You never know if you have arrived or not. You are always on the alert. According to Steve Shores there are a number of major consequences of false guilt.

The first consequence he calls “striving without arriving.” In essence, there is no hope in the system set up by the overactive conscience. You must always try harder, but you never cross the finish line. You seem to merely go in circles. Or perhaps it would be better to say you go in a spiral, as in a downward spiral. Life is a perpetual treadmill. You work hard and strive, but you never arrive. Life is hard work and



frustration with little or no satisfaction.

The second consequence is “constant vigilance.” The overactive conscience produces constant self-monitoring. You are constantly asking if you are being an asset to other people and to God. You are constantly evaluating and even doubting your performance. And you never allow yourself to be a liability to the group or to any particular individual.

A third consequence is “taking the pack mule approach to life.” An overactive conscience involves a lifelong ordeal in which you attempt to pass a demanding test and thus reveal your worth. The test consists of accumulating enough evidences of goodness to escape the accusation that you are worthless. For the guilt-ridden person, this test involves taking on more duties, more responsibilities, more roles. As the burdens pile higher and higher, you become a beast of burden, a “pack mule” who takes on more responsibility than is healthy or necessary.

Just as there is no forward progress (e.g., “striving without arriving”), so there is also an ever-increasing sense of burden. Each day demands a fresh validation of worthiness. There is never a time when you can honestly say, “that’s enough.”

Finally, the most devastating consequence of false guilt is its effect not just on individuals but the body of Christ. Christians who struggle with an overactive conscience can produce weak, hollow, compliant believers in the church. They are long on conformity and short on passion and substance. They go to church not because they crave fellowship, but because they want to display compliance. They study God’s word not so much out of a desire to grow spiritually, but because that is what good Christians are supposed to do. We do what we do in order to “fit in” or comply with the rules of Christianity.

Steve Shores says that the central question of church becomes,

“Do I look and act enough like those around me to fit in and be accepted?” Instead we should be asking, “Regardless of how I look and act, am I passionately worshiping God, deeply thirsting for Him, and allowing Him to change my relationships so that I love others in a way that reflects the disruptive sacrifice of Christ?”

## **The Continuation of False Guilt**

Next, I would like to talk about why people continue to feel false guilt even though they know they are forgiven. After all, if Christ paid the penalty for our sins, why do some Christians still have an overactive conscience and continue to feel guilt so acutely? Part of the compulsion comes from feeling the noose of false guilt tighten around our necks so that we panic and fail to think rationally about our situation.

Steve Shores uses the example of a death-row inmate who has just learned of an eleventh-hour stay of execution. He has just been pardoned, but his body and emotions don't feel like it. He has been “sitting in the electric chair, sweaty-palmed and nauseated, when the wall phone rings with the news of the reprieve.” He may feel relief, but the feeling of relief is not total. He is only off the hook for awhile. He will still return to his cell.

The person with a overactive conscience lives in that death-row cell. The reprieve comes from responding to that guilt-driven voice in his conscience. For Bill it manifested itself in a compulsive need to serve others. If he were asked to teach AWANA or to teach a Sunday school class, he would have great difficulty saying “No.” He had to say “Yes” or else he would feel the noose of false guilt tighten around his neck.

Bill's comments were sad but illuminating. He said: “I felt as though not teaching the class would confirm that I am a liability. The disappointment...would inflict shame I felt as a

boy. Disappointing others always meant that there would be some sort of trial to decide whether I really belonged in the family.”

He went on to tell of the time he made a “C” on his report card (the rest of the grades were “A’s” and “B’s”). His father lectured him unmercifully. At one point, his father declared that “it was Communist to bring home such a bad grade.” Bill didn’t know what a Communist was or what Communism had to do with bad grades. But he did understand that if he didn’t bring home good grades he was unworthy.

Bill even remembered the six agonizing weeks until the next report card. When it arrived he received five “A’s” and one “B.” What was his father’s response? Was it delight? Was it an apology for his previous comments? Not at all. His father merely said, “That’s more like it.” The reprieve was halfhearted and temporary.

In essence, false guilt is a stern warden that may give a temporary reprieve but is always ready to call upon you to prove your worthiness once again. We may know that Christ died for our sins. We may know that our sins are forgiven. We may know that we have value and dignity because we are created in God’s image. But we may feel unworthy and feel as if we must prove ourselves at a moment’s notice.

The key, as we will see in the next section, is to embrace Christ’s atonement rather than our own. We must not only know that we are forgiven through Jesus Christ, but act upon that reality so that we live a life through grace rather than legalism.

## **A Cure for False Guilt**

Finally, I would like to conclude by talking about Christ’s atonement for us. If we are to break the chain of false guilt, then we must embrace Christ’s atonement rather than our own.

Although that statement may seem obvious, it is difficult for someone with an overactive conscience to truly embrace emotionally. For such a person, perfection is the means of achieving salvation. If I can be perfect, then I will no longer feel shame, and I will no longer feel guilt. This is the personal atonement that someone with false guilt often is seeking.

The Bible clearly teaches that Christ's atonement was for our sins. Sin is "any attitude, belief, or action that constitutes rebellion against or transgression of God's character." Clearly sinful man is incapable of making restitution because our best works are as filthy rags before a holy and omnipotent God (Isaiah 64:6). Our atonement must be made by someone with clean hands and a sinless life. Christ, of course, fulfilled that requirement and died in our place for our sins.

Nevertheless, someone with false guilt seeks a form of self-atonement. Why? Well, there are at least two reasons: indiscriminate shame and doubt about the character of God. The first is indiscriminate shame. We should feel guilty and we should feel shame for sinful behavior. The problem comes when we feel guilt and shame even when a sinful action or attitude is not present. Steve Shores believes that the "weeds of shame" can begin to sprout even when we have a legitimate need. We then tend to use the machete of false guilt to trim these weeds back. We say, "If I can do enough things right, I can control this and no one will know how bad and weak I am." This performance-oriented lifestyle is a way of hacking at the weeds that grow in the soil of illegitimate shame.

The second reason for false guilt is a stubborn propensity to doubt the character of God. Many Christian psychologists and counselors have argued that the reason we may question our Heavenly Father's character is because we question our earthly father's character. And for those who have been abused or neglected by their fathers, this is an adequate explanation. But we even see in the Garden of Eden, Adam and Eve doubting

God and they did not even have earthly fathers. So I believe it is more accurate to say that our sin nature (not our family of origin) has a lot to do with our tendency to doubt God's character.

This is manifested by two tendencies: blaming and hiding. When we feel false guilt, we tend to want to blame others or blame ourselves. If we blame others, we manifest a critical spirit. If we blame ourselves, we feel unworthy and don't want others to see us as we are and we hide emotionally from others. The solution is for us to embrace Christ's atonement and accept what He did on the cross for us. Christ died once for all (Romans 6:10) that we might have everlasting life and freedom from guilt and the bondage to sin.

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