

# Why A Moral Life Won't Get Us to Heaven

*Will a good, moral life get me to heaven?' The answer is no, and Probe's Jimmy Williams spells out why, including how we CAN get to heaven.*

## Man: The Worshiping Animal

This essay is concerned with the often-asked question, "Won't a good, moral life get me to heaven?"

We begin first with the nature of man himself. One of the most remarkable things about humans is that from the dawn of history, and no matter where we find them on this planet, they are *worshipping* animals. In fact, humans are the *only* animals in the world who worship. *Homo Sapiens* is incurably religious. Why is man so inclined? What are the reasons, and how do they bear on our question about having good morals and getting to heaven?

Let's look briefly at some foundational elements that appear to be universals when it comes to human behavior. The first, as we stated above, is simply that humans *do* worship. Ethnic groups of all kinds and in all places, whether remote or close to other peoples, have their own history, folklore, deities, rituals, particular moral system and life-customs. All of these enable each culture to cope with the great issues of life and its passages—from childhood to maturity to old age, and to the ultimate passage through that dark gate, Death. Christians tie this human inclination to worship directly to the fact that God says man, and only man, is created in His divine image (*imago dei*).

Secondly, what is also curious is *how* and *what* humans worship. The most prominent feature of human worship from earliest

beginnings has been a *sacrifice* of some sort, whether the sheep, goats or bulls of the early Mediterranean world, or the human beings hurled into the mouths of volcanos by the Polynesians, or the child sacrifices of the Canaanites, or the ritual slaughter practiced by the Aztecs, the Incas, and virtually all of the New World Indians. In all cases, it appears some kind of blood must flow. We can also add to this (in many cultures) the prominence of *self-sacrifice* through flagellation, severe asceticism, or acts of personal penance.

The centrality of sacrifice in all human religious thinking points to an unmistakable reality: that humans instinctively know, or at least suspect, that there exists One to whom they are accountable for their behavior. They also assume, or know, that they have fallen short of what that higher being (or beings) requires of them. There is a universal sense that “God is not pleased with me.” So a third feature of worship is universal *guilt*. People worship because they feel guilty. They feel this guilt because they perceive they have fallen short of the standard that God, others, and they themselves require.

## **The Great Global Heresy: Religion**

“Good little boys go to heaven and bad little boys go to hell!” Probably most of us, at one time or another, have undergone the ordeal of having a parent or a teacher point a finger at us (or a neighboring miscreant) and warn of the ultimate outcome of unacceptable behavior.

This “Santa Claus” mentality suggests that God is “makin’ a list and checkin’ it twice, gonna find out who’s naughty or nice.”

Everywhere we turn, we hear people speak of this religion: it is the most popular approach to God on the planet. We all know about the good little angel sitting on one shoulder and the bad little angel on the other. And we are very familiar with jokes about what happens to the person who dies and is

immediately face to face with Saint Peter at the Golden Gates of Heaven. Peter stands there ready to evaluate and pass judgement on whether we've been good enough to be admitted and accepted inside. Saint Peter expects us to give moral account of ourselves before we can go inside.

The general, world-wide assumption is that, when we die, our good deeds and our bad deeds will be placed on the divine scales and weighed to determine if we go "up" or "down." However, from Christianity's viewpoint, this is a great, global heresy.

This is "religion," but it is definitely not Christianity. In fact, Christianity is radically opposed to such an idea, teaching us that we are not to *do* something, but rather that something has already been *done* on our behalf. This global heresy, which we call "religion," actually comes from Hinduism. It is the idea that God resides at the top of a great mountain, and it makes little difference which path a seeker chooses in his ascent up that mountain, since all paths lead to the God on top. And it is up to you to climb if you want to reach the summit—and God.

At the western end of the Forum in ancient Rome, there stood the *Millenarium Aureum*, the Golden Milestone, a gilded bronze column set up by Augustus Caesar to mark the junction and the origin of the major Roman roads spreading out like the spokes of a great wheel in every direction to distant destinations throughout the Empire. On this column were inscribed the major towns and their distances from Rome. From this came the popular saying, "All roads lead to Rome."

This is what religionists believe about God. They say things like, "Well, it really doesn't matter what you believe. What's important is that you try to do your best and be sincere about it. After all, we're all trying to get to the same place; we all worship the same God."

But in the Genesis account of Adam and Eve, we encounter something very different: in fact, we discover that there are two possible approaches to God, but only *one* is acceptable. After Adam and Eve had disobeyed God, they immediately hid in the bushes, took out needle and thread, and began sewing fig leaves together to cover themselves.

God came and found them in the bushes—flunking the first home economics course ever offered! God looked at the clusters of fig leaves they had hastily sewn together, and He was not pleased. In fact, He scolded their efforts and their conduct. Adam and Eve not only had to admit their guilt and disobedience, they also had to acknowledge their inability to make things right *through their own efforts*. They could not cover, or atone, for what they had done. The account goes on to say that God had to take the initiative to adequately clothe them. He killed some animals and made garments from their skins for a covering.

All philosophy, philanthropy, asceticism, religion, ethics, and all other systems which seek to gain the approval of God through human self-effort are the “fig-leaf” approach. This method is at the heart of what we call “religion,” man’s best effort to reach up and find God. But the problem every worshipper encounters when climbing the mountain is an impenetrable barrier which denies all further advance: it is the barrier of God’s holiness and perfection. Each individual’s personal sin and imperfection prevents him or her from coming any closer.

In his autobiography Mahatma Gandhi, a devout Hindu, speaks eloquently of his own struggle with this when he says: “Oh wretched man that I am. It is a constant source of torture to me that I am so far from the one I know to be my very life and being, and I know that it is my own sin and wretchedness that hides Him from me.”

# The Problem of Sin

When the word “sin” comes up in a conversation, most people look as though someone just slipped them a mildewed fig! We *do* a lot of it; we just don’t like to *talk* about it! Many people do not know what sin or a sinner really is. What is sin? Sin is a violation of the law, the standard God requires of every human. A sinner is therefore someone who has broken that standard.

Do not misunderstand me. I am not saying that there is no good at all in people. There is a great deal of good. Humans are not as bad as they *could* be. The point is simply this: if our premise is that to get to heaven one has to be good, then how good is good enough?

The Scriptures are quite clear about this. God is not demanding “goodness.” We saw above that Adam and Eve’s best efforts to cover themselves (fig leaves) were not enough. The good which is in man, all his moral achievement, is not acceptable to God—because God is not demanding goodness, He demands *perfection!*

Many will say they try to live by the Ten Commandments or by some other rule of life, such as the Golden Rule. And yet, if we are honest, each of us discovers we have violated our own standards at some point. This is what Paul meant when he said, “All have sinned and come short of the glory of God” (Romans 3:23).

The Grand Canyon is 6 to 18 miles across, 276 miles long, and one mile deep. The world’s record in the long jump, set by Mike Powell at the 1991 World Championships in Tokyo is 29’ 4 1/2”. Yet the chances of a person jumping from one side of the Grand Canyon to the other are greater than that of someone attempting to establish fellowship with God through his own efforts.

The standard man must meet is God's perfection. Who can match that? It is a goal so far away that *no one* could ever reach it. To make matters worse, James tells us that "whoever keeps the whole law and yet stumbles in one point, he has become guilty of all" (James 2:10). This means if someone breaks just one of the commandments, he is as guilty as if he had broken all ten!

The purpose of giving the Ten Commandments in the first place was not because God knew human beings would keep them perfectly. The Bible tells us that these revealed standards were intended to be to us what an X-ray machine is to a broken arm. The machine reveals the *condition* of the arm, but it will not set and knit the bones, nor will it put the arm in a cast. By the same token, the Ten Commandments can only reveal to us the condition of our lives; they cannot heal us or cover our sin.

The Pharisees looked at the Law and then at their own lives and said, "I'm pretty good, really good." Jesus had wanted them to come to the opposite conclusion. He even called them hypocrites! He said they were wrong to claim they were righteous enough and that all was well between them and their Maker. That is why he said, "Those who are well do not need a physician" (Matthew 9:12). When you are well, you don't seek a doctor. The time to consult a physician is when you realize you are sick. Jesus was urging the Pharisees to be honest about themselves when He said, "I have not come to call the righteous, but sinners to repentance" (v.13).

When my wife Carol and I travel, and I discover I'm lost, I really hate for her to make her classic statement, "You're lost. Why don't you ask for directions?" In my case, the issue is always my male pride! With the Pharisees, it was *religious* pride, as it is for all who would seek heaven on the basis of their own merits.

A wise old Baptist preacher once said, "It isn't difficult to

get people saved; it is difficult to get them lost!" This is man's dilemma: like the Pharisees, people cling to the old fig leaves of self-effort instead of submitting to the covering God Himself has provided for all (Christ's sacrificial death, the Cross). Each of us must choose one or the other (John 3:18, 36).

## The Problem of Righteousness

While morality and human goodness are to be commended, God makes it clear from the very outset that no one, through his own efforts, possesses the ability to make himself presentable before God. It was Charles Haddon Spurgeon who said, "Man is basically a silkworm. A spinner and a weaver ... trying to clothe himself ... but the silkworm's activity spins it a shroud. So it is with man." Adam and Eve are classic examples.

Our problem is not only that we have fallen short of God's standard (Romans 3:23), by sinning; we also *lack* something. We not only need the removal of personal sin through blood sacrifice to satisfy divine *justice*; we need something *further* to make us fit for heaven and the divine presence of God. In other words, Christ's death in our place will keep us out of hell—but we still have the problem of getting into heaven. Isaiah spoke of this when he said, "For all of us have become like one who is unclean, and **all our righteous deeds** are as **filthy rags**." (Isaiah 64:6). Not our *sins*, but our good *deeds*! We need not only atonement for our sins, we also need righteousness to enter heaven! But it has to be a certain *kind* of righteousness.

The most righteous people of Jesus' day were the Pharisees. They knew the Old Testament by heart. They went to the synagogue three times a day and prayed seven times a day. They were respected in the community. But Jesus looked right through their religious veneer and, in their presence, admonished the crowds that "Unless your righteousness surpasses that of the scribes and Pharisees, you shall not

enter the kingdom of heaven" (Matthew 5:20).

The crowds responded by staring at each other in bewilderment. "You mean the Pharisees aren't righteous enough to go to heaven? If *they* can't make it, who will?"

In the Garden of Eden we observe this conflict between two *kinds* of righteousness—*human righteousness*, which is clearly symbolized by the fig leaf garments Adam and Eve sewed together to make themselves presentable before God, and *divine righteousness*, which is symbolized by the adequate covering of the slain animals provided by God Himself. We find these two kinds of righteousness marching and clashing with each other all the way through both Testaments.

Paul referred to these same two righteousnesses when he said of his Jewish brethren, "I bear them witness, that they have a zeal for God, but not in accordance with knowledge. For not knowing about God's righteousness, and *seeking to establish their own*, they did not submit themselves to the righteousness of God" (Romans 10:1).

In the former Soviet Union, rubles are printed and circulated. With those rubles you can buy your dinner, pay your hotel bill, and purchase things in the shops. But if you brought those rubles back to America and tried to do the same thing, the rubles would not be honored. It would be futile to try to do business with rubles in America.

Let's think of these two righteousnesses in mathematical terms. Let's call God's righteousness "+R" and human righteousness "-R." The first righteousness is *absolute*, while the second is *relative*. Over a lifetime, a human being can accumulate a huge pile of -R, but added up, it still totals -R. To do business with God in heaven, we must deal with Him in the only "currency" honored and accepted by Him, and that is +R. It is futile to try to negotiate with God on the basis of relative, human goodness. We need +R.



Where do we get such “currency?” It is *given* to us as a gift if we will accept it—the perfect righteousness of Jesus Christ. The yardstick God uses to measure everyone is His Son. This +R righteousness is ours only in Christ: “Not by works of righteousness which we have done, but according to His mercy He saved us, by the washing of regeneration and renewing by the Holy Spirit” (Titus 3:5).

This gracious provision is a radical departure from all other religious ideas humans have ever conceived or set forth. It is so radical that human beings would never have thought of it.

## **The Uniqueness of Christian Grace**

We have sought to arrive at a biblical answer to the question, “Will a good, moral life get me to heaven?” We have examined the bankruptcy of every attempt by people to reach that goal through any and every means of self-effort. We have discovered that the salvation offered by Christianity is uniquely opposed to all human efforts to secure it by working one’s way into God’s good graces. In fact, if God expected us to attain our salvation through good deeds, then God made a terrible mistake. He allowed His only-begotten Son to come to earth—robed in human flesh—and die a horrible death on a cross for our personal, eternal benefit. To choose a “good works” path to God is to negate the total significance of Christ’s death, making it meaningless and unnecessary.

What God has to offer is free. It is a gift that is not deserved by any of us, nor could we ever repay what the gift is worth. God has dealt with humankind in grace and love. The only thing that God has asked us to do is to humbly admit that we have broken His laws, acknowledge that He has indeed made things right through His Son’s sacrificial death on the cross, and accept His forgiveness by faith. We are invited to lay aside our own “fig-leaf” costumes and freely submit to the covering God has provided for us, the blood-stained garment of His Son, the very righteousness of Christ.

This is what Jesus sought to communicate in Matthew 22:1-14, the parable about the wedding feast that a king was preparing to give his son: "So the servants went out into the highways, and gathered together all, as many as they found, *both good and bad*: and the wedding was furnished with guests. And when the king came in to see the guests, he saw there a man who had not on a wedding garment. And he said unto him, 'Friend, how came you here not having on a wedding garment?' And he was speechless. Then said the king to the servants, 'Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth!'"

The text does not tell us whether this person was one of the "good" ones or the "bad" ones. Why? Because it is irrelevant to what Jesus wants us to understand. The important issue was proper *attire* for the occasion. God is telling us that the only acceptable attire for heaven is the righteousness of Christ.

As a gracious host, He stands holding out to humanity the most expensive, costly garment in the universe, and He eagerly desires to wrap us up in it—safe and warm and happy and secure:

"I will greatly rejoice in the Lord, my soul shall be joyful in my God: for He hath clothed me with the garments of salvation, He hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorns herself with her jewels." (Isaiah 61:10).

So how does this apply to you and me? Simply this: Everything that *needed* to be done for your salvation and mine was *accomplished* the moment Christ died on the cross. The penalty has been paid and God's righteous demands satisfied. God is now free to extend eternal life as a free gift. He declares, "The wages of sin is death, but the free gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23). Gifts, of course, must be received. For that reason, Jesus

said, "He who believes has eternal life" (John 6:47). "Believe" means "to trust or depend on." God is asking each person to come to Him as a sinner, recognize that His Son died on the cross for us, and trust His Son *alone* as our only hope of heaven.

This was the message, the good news which the first Christians took to the world: "Neither is there salvation in any other, for there is no other name under heaven that has been given among men, by which we must be saved" (Acts 4:12).

In reality, every human being is just a prayer away from receiving the grace and forgiveness of God and the promise of heaven. But it has to be the *right* prayer, based on the *right* facts: that Jesus Christ came into this world to save sinners, not "Do-Gooders": "I have not come to call the righteous to repentance, but sinners" (Matthew 9:13). You can begin to trust Christ for your salvation today instead of your own, futile efforts of trying to be a fairly nice person all your life. Obviously, your heart attitude, your sincerity, is what really counts. God knows your heart. But if the following suggested prayer will help to bring a sense of closure and certainty to your decision to believe in, to trust Christ, then please feel free to use it as a simple guide:

"Dear God, I admit that I am a sinner, and nothing I can do will ever get me to heaven. But I believe Jesus Christ died for me and rose from the grave to prove the validity of His claim to be my Savior. He took my place and my punishment. So right now, I place my trust in Christ alone to make me presentable and acceptable to you. Come into my life. I accept the gift of your Son. Thank you that you are now within me, not based upon my feelings, but upon your promise that if I open the door of my life and invite you to come live within me and be my Savior, you would (Rev. 3:20, John 1:12). Make me the kind of person you want me to be. Begin to show me that you really have entered my life and heart, and now give me the guidance I need to live a new life in fellowship with you.

Amen.”

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# Pop Psychology Myths vs. A Biblical Point of View

*Kerby Anderson compares some current myths with a Christian perspective informed by the timeless teaching of the Bible. These “pop psychology” ideas seem to make sense until one compares them with biblical insights from the creator of us all.*



*This article is also available in [Spanish](#).*

Go into any bookstore and you will see shelves of self-help books, many of which promote a form of “pop psychology.” Although these are bestsellers, they are filled with half-truths and myths. In this essay we are going to look at some of these pop psychology myths as exposed by Dr. Chris Thurman in his book *Self-Help or Self-Destruction*. If you would like more information or documentation for the issues we cover in these pages, I would recommend you obtain a copy of his book.

## **Myth 1: Human beings are basically good.**

The first myth I would like to look at is the belief that people are basically good. Melody Beattie, author of the best-seller *Codependent No More*, says that we “suffer from that vague but penetrating affliction, low self-worth.” She suggests we stop torturing ourselves and try to raise our view of ourselves. How do we do that? She says: “Right now, we can give ourselves a big emotional and mental hug. We are okay.

It's wonderful to be who we are. Our thoughts are okay. Our feelings are appropriate. We're right where we're supposed to be today, this moment. There is nothing wrong with us. There is nothing fundamentally wrong with us."

In other words, Beattie is saying that we are basically good. There is nothing wrong with us. At least there is nothing fundamentally wrong with us. There isn't any flaw that needs to be corrected.

Peter McWilliams, in his best-seller *Life 101*, actually addresses this issue head on. This is what he says in the brief section entitled, "Are human beings fundamentally good or fundamentally evil?"

My answer: good. My proof? I could quote philosophers, psychologists, and poets, but then those who believe humans are fundamentally evil can quote just as many philosophers, psychologists, and poets. My proof, such as it is, is a simple one. It returns to the source of human life: an infant. When you look into the eyes of an infant, what do you see? I've looked into a few, and I have yet to see fundamental evil radiating from a baby's eyes. There seems to be purity, joy, brightness, splendor, sparkle, marvel, happiness—you know: good.

Before we see what the Bible says about the human condition, let me make one comment about Peter McWilliams's proof. While an infant may seem innocent to our eyes, any parent would admit that a baby is an example of the ultimate in selfishness. A baby comes into the world totally centered on his own needs and oblivious to any others.

When we look to the Bible, we get a picture radically different from that espoused by pop psychologists. Adam and Eve committed the first sin, and the human race has been born morally corrupt ever since. According to the Bible, even a seemingly innocent infant is born with a sin nature. David says in Psalm 51:5 "Behold, I was brought forth in iniquity,

and in sin my mother conceived me.” The newborn baby already has a sin nature and begins to demonstrate that sin nature early in life. Romans 3:23 tells us that “All have sinned and fall short of the glory of God.” We are not good as the pop psychologists teach, and we are not gods as the new age theologians teach. We are sinful and cut off from God.

## **Myth 2: We need more self-esteem and self-worth.**

The next myth to examine is the one that claims what we really need is more self-esteem and self-worth. In the book entitled *Self-Esteem*, Matthew McKay and Patrick Fanning state, “Self-esteem is essential for psychological survival.” They believe that we need to quit judging ourselves and learn to accept ourselves as we are.

They provide a series of affirmations we need to tell ourselves in order to enhance our self-esteem. First, “I am worthwhile because I breathe and feel and am aware.” Well, shouldn’t that also apply to animals? And do I lose my self-esteem if I stop breathing? In a sense, this affirmation is a take off on Rene Descartes’s statement, “I think, therefore I am.” They seem to be saying “I am, therefore I am worthwhile.”

Second they say, “I am basically all right as I am.” But is that true? Is it true for Charles Manson? Don’t some of us, in fact all of us, need some changing? A third affirmation is “It’s all right to meet my needs as I see fit.” Really? What if I meet my needs in a way that harms you? Couldn’t I justify all sorts of evil in order to meet my needs?

Well, you can see the problem with pop psychology’s discussion of self-esteem. Rarely is it defined, and when it is defined, it can easily lead to evil and all kinds of sin.

It should probably be as no surprise that the Bible doesn’t teach anything about self-esteem. In fact, it doesn’t even

define the word. What about the term *self-worth*? Is it synonymous with self-esteem. No, there is an important distinction between the terms *self-esteem* and *self-worth*.

William James, often considered the father of American psychology, defined *self-esteem* as “the sum of your successes and pretensions.” In other words, your self-esteem is a reflection of how you are actually performing compared to how you think you should be performing. So your self-esteem could actually fluctuate from day to day.

Self-worth, however, is different. Our worth as human beings has to do with the fact that we are created in God’s image. Our worth never fluctuates because it is anchored in the fact that the Creator made us. We are spiritual as well as physical beings who have a conscience, emotions, and a will. Psalm 8 says: “You have made him [mankind] a little lower than the angels, and you have crowned him with glory and honor. You have made him to have dominion over the works of Your hands, you have put all things under his feet.”

So the good news is that we bear God’s image, but the bad news is that all of these characteristics have been tainted by sin. Our worth should not be tied up in what we do, but in who God made us to be and what He has done for us.

## **Myth 3: You can’t love others until you love yourself.**

Now I would like to look at the myth that you can’t love others until you love yourself. Remember the Whitney Houston song “The Greatest Love of All?” It says, “Learning to love yourself is the greatest love of all.”

Peter McWilliams, author of *Life 101*, promotes this idea in his book *Love 101* which carries the subtitle “To Love Oneself Is the Beginning of a Lifelong Romance.” He asks, “Who else is more qualified to love you than you? Who else knows what you

want, precisely when you want it, and is always around to supply it?" He believes that the answer to those questions is you.

He continues by saying, "If, on the other hand, you have been gradually coming to the seemingly forbidden conclusion that before we can truly love another, or allow another to properly love us, we must first learn to love ourselves—then this book is for you." Notice that he not only is saying that you cannot love others until you love yourself, but that you can't love you *until you learn* to love yourself.

Melody Beattie, author of *CoDependent No More*, believes the same thing. One of the chapters in her book is entitled, "Have a Love Affair With Yourself." Jackie Schwartz, in her book *Letting Go of Stress*, even suggests that you write a love letter and "tell yourself all the attributes you cherish about yourself, the things that really please, comfort, and excite you."

Does the Bible teach self-love? No, it does not. If anything, the Bible warns us against such a love affair with self. Consider Paul's admonition to Timothy: "But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!" (2 Tim. 3:1-5).

The Bible discourages love of self and actually begins with the assumption we already love ourselves too much and must learn to show sacrificial love (agape love) to others. It also teaches that love is an act of the will. We can choose to love someone whether the feelings are there or not.



We read in 1 John 4, “Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.” The biblical pattern is this: God loves us, and we receive God’s love and are able to love others.

## **Myth 4: You shouldn’t judge anyone.**

Let’s discuss the myth that you shouldn’t judge anyone. No doubt you have heard people say, “You’re just being judgmental” or “Who are you to judge me?” You may have even said something like this.

Many pop psychologists certainly believe that you shouldn’t judge anyone. In their book entitled *Self-Esteem*, Matthew McKay and Patrick Fanning argue that moral judgments about people are unacceptable. They write: “Hard as it sounds, you must give up moral opinions about the actions of others. Cultivate instead the attitude that they have made the best choice available, given their awareness and needs at the time. Be clear that while their behavior may not feel or be good for you, it is not bad.”

So moral judgments are not allowed. You cannot judge another person’s actions, even if you feel that it is wrong. McKay and Fanning go on to say why: “What does it mean that people choose the highest good? It means that you are doing the best you can at any given time. It means that people always act according to their prevailing awareness, needs, and values. Even the terrorist planting bombs to hurt the innocent is making a decision based on his or her highest good. It means you cannot blame people for what they do. Nor can you blame yourself. No matter how distorted or mistaken a person’s awareness is, he or she is innocent and blameless.”

As with many of these pop psychology myths, there is a kernel of truth. True we should be very careful to avoid a judgmental spirit or quickly criticize an individual's actions when we do not possess all the facts. But the Bible does allow and even encourages us to make judgments and be discerning. In fact, the Bible should be our ultimate standard of right and wrong. If the Bible says murder is wrong, it is wrong. God's objective standards as revealed in the Scriptures are our standard of behavior.

How do we apply these standards? Very humbly. We are warned in the gospels "Judge not, that you be not judged." Jesus was warning us of a self-righteous attitude that could develop from pride and a hypocritical spirit. Jesus also admonished us to "take the plank out of [our] own eye" so that we would be able to "remove the speck from [our] brother's eye" (Matt. 7:1-5).

Finally, we should acknowledge that Jesus judged people's actions all the time, yet He never sinned. He offered moral opinions wherever He went. He said, "I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me" (John 5:30). Judging is not wrong, but we should be careful to do it humbly and from a biblical perspective.

## **Myth 5: All guilt is bad.**

Finally, I would like to look at the myth that all guilt is bad. In his best-seller, *Your Erroneous Zones*, Wayne Dyer tackles what he believes are two useless emotions: guilt and worry. Now it is true that worry is probably a useless emotion, but it is another story with guilt. Let's begin by understanding why he calls guilt "the most useless of all erroneous zone behaviors."

Wayne Dyer believes that guilt originates from two sources: childhood memories and current misbehavior. He says, "Thus you

can look at all of your guilt either as reactions to leftover imposed standards in which you are still trying to please an absent authority figure, or as the result of trying to live up to self-imposed standards which you really don't buy, but for some reason pay lip service to. In either case, it is stupid, and more important, useless behavior."

He goes on to say that "guilt is not natural behavior" and that our "guilt zones" must be "exterminated, spray-cleaned and sterilized forever." So how do you exterminate your "guilt zones"? He proposed that you "do something you know is bound to result in feelings of guilt" and then fight those feelings off.

Dyer believes that guilt is "a convenient tool for manipulation" and a "futile waste of time." And while that is often true, he paints with too large of a brush. Some guilt can be helpful and productive. Some kinds of guilt can be a significant agent of change.

The Bible makes a distinction between two kinds of guilt: true guilt and false guilt. Notice in 2 Corinthians 7:10 that the Apostle Paul says, "Godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death."

Worldly sorrow (often called false guilt) causes us to focus on ourselves, while godly sorrow (true guilt) leads us to focus on the person or persons we have offended. Worldly sorrow (or false guilt) causes us to focus on what we have done in the past, whereas godly sorrow (or true guilt) causes us to focus on what we can do in the present to correct what we've done. Corrective actions that come out of worldly sorrow are motivated by the desire to stop feeling bad. Actions that come out of godly sorrow are motivated by the desire to help the offended person or to please God or to promote personal growth. Finally, the results of worldly and godly sorrow differ. Worldly sorrow results in temporary change. Godly

sorrow results in true change and growth.

Pop psychology books are half right. False guilt (or worldly sorrow) is not a productive emotion, but true guilt (or godly sorrow) is an emotion God can use to bring about positive change in our lives as we recognize our guilt, ask for forgiveness, and begin to change.

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