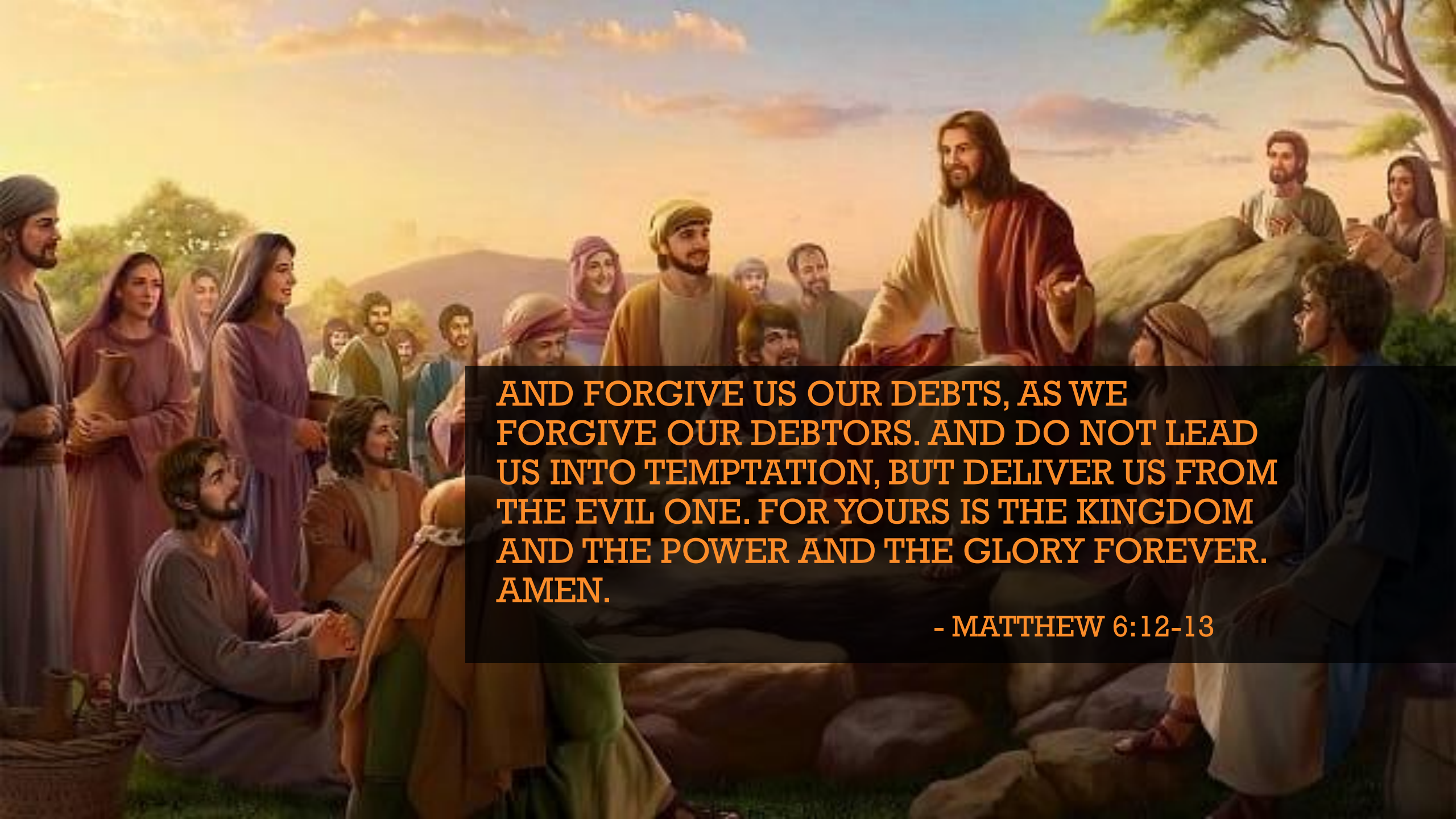




AND FORGIVE US OUR DEBTS, AS WE
FORGIVE OUR DEBTORS. AND DO NOT LEAD
US INTO TEMPTATION, BUT DELIVER US FROM
THE EVIL ONE. FOR YOURS IS THE KINGDOM
AND THE POWER AND THE GLORY FOREVER.
AMEN.

- MATTHEW 6:12-13

BLAMING ONESELF

PART 2

THE SIN OF BLAME (PART 3)

RECAP

Healthy Self-Blame vs. Destructive Self-Blame



Why Do We Blame Ourselves?

Pride in
Disguise

Excessive
focus on my
weaknesses
and failures

Influence of
the Enemy

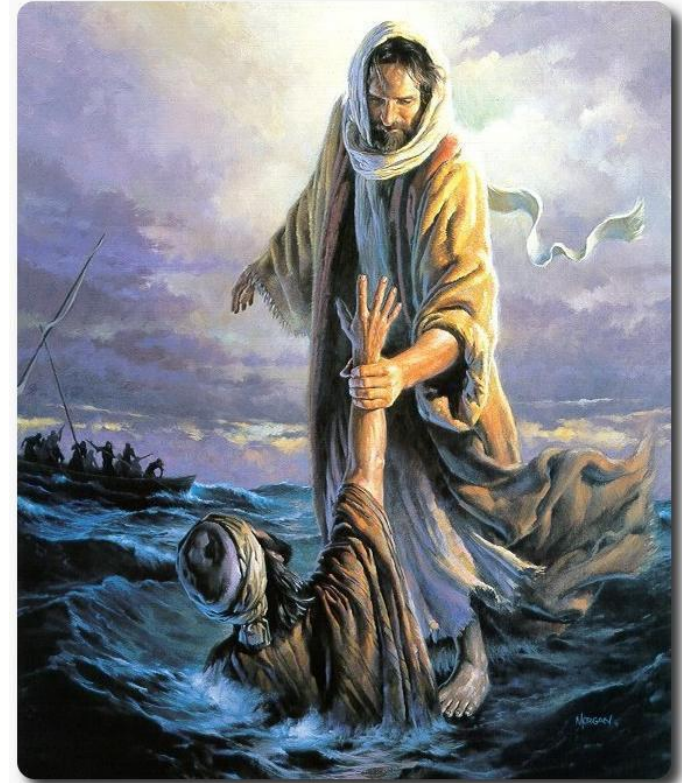
Childhood
Wounds and
Unresolved
Guilt



OVERCOMING SELF-BLAME

GOD IS MY HELPER

1. Lifts us up with His hand
 - EX: St. Peter Walking on Water
2. Gives Strength
 - EX: St. Paul
 - “My grace is sufficient for you, for My strength is made perfect in weakness.” (2 Cor. 12:9)



PSALM 28

“To You I will cry, O LORD my Rock: Do not be silent to me, Lest, if You are silent to me, I become like those who go down to the pit. Hear the voice of my supplications When I cry to You, When I lift up my hands toward Your holy sanctuary...The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him.” (Ps. 28:1-2, 7)



GOD IS MY HEALER

- EX: The Prophet Elijah
- “It is enough! Now, Lord, take my life, for I am no better than my fathers!” (1 Kings 19:4)

HOW DID GOD HEAL ELIJAH?

1. God provided for his physical needs first.
2. God allowed Elijah to express himself
 - “I have been very zealous for the Lord... but the children of Israel have forsaken Your covenant... I alone am left; and they seek to take my life.” (1 Kings 19:10).
3. God revealed Himself in gentleness, not rebuke.
4. God opened Elijah's eyes His plan



GOD IS MY FORGIVER

- The Woman Caught in Adultery
- *“Therefore neither should that man despair who is enmeshed in evil deeds, since it is possible for him to gain life, for he still lives.”* (St Isaac the Syrian)
- **“Though your sins are like scarlet, they shall be as white as snow.”**
(Isaiah 1:18)

FOCUS ON
GROWTH
NOT FAULT

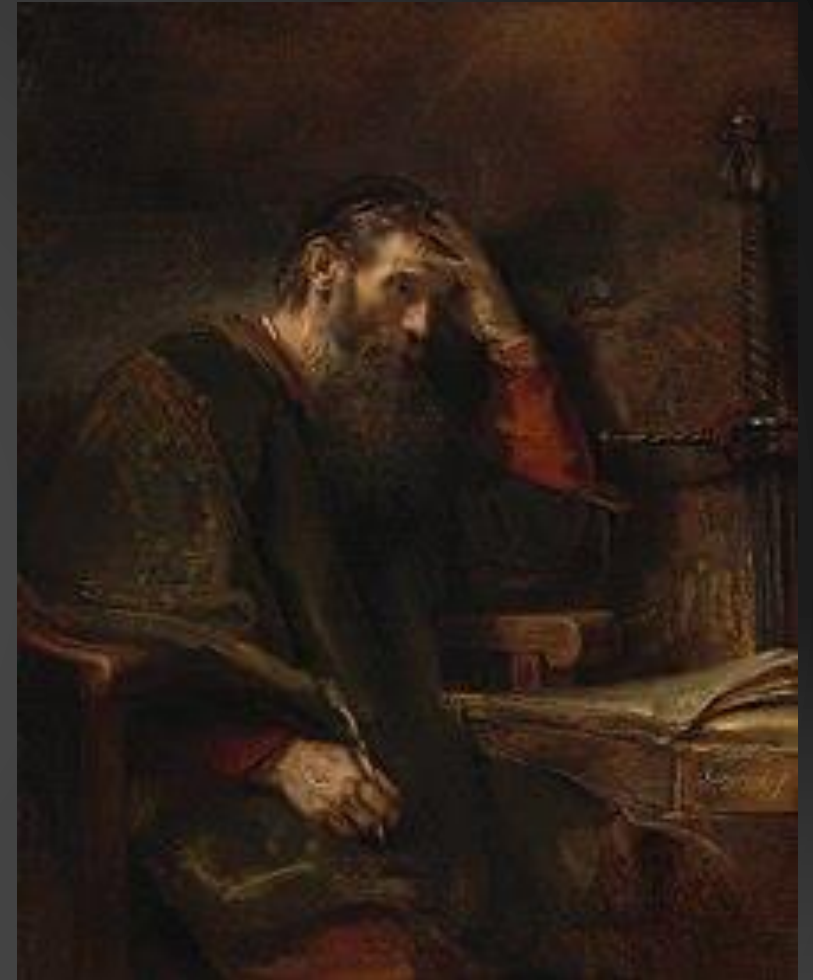


SHIFT FROM SELF-FOCUS TO CHRIST-FOCUS

- EX: Shulamite woman
- [Shunamite] “Do not look upon me, because I am dark, Because the sun has tanned me. My mother's sons were angry with me; They made me the keeper of the vineyards, But my own vineyard I have not kept.” (SS 1:6)
- [The Beloved] “Behold, you are fair, my love!” (SS 1:15; 4:1)
- “You are all fair, my love, And there is no spot in you.” (SS 4:7)
- [Shunamite] “I am dark, but lovely...” (SS 1:5)

ST. PAUL

- “For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me.” (1 Corinthians 15:9-10)



SELF-EVALUATION SEASONED WITH HOPE AND FAITH

"Do not rejoice over me, my enemy; when I fall, I will arise; when I sit in darkness, the Lord will be a light to me. I will bear the indignation of the Lord, because I have sinned against Him, until He pleads my case and executes justice for me. He will bring me forth to the light; I will see His righteousness." (Micah 7:8-9)

AVOID THE SNOWBALL EFFECT

- EX: Cain and Abel
- **“Where there is no counsel, the people fall; but in the multitude of counselors there is safety.”** (Prov. 11:14)
- Seek Counsel
- Seek Fellowship
- Seek Confession