

"Self-Blame Shame"

The four directions of forgiveness:

Forgiveness from God:	Guilt
Forgiveness of myself:	Shame
Forgiveness of others:	Bitterness
Forgiveness of God:	Doubt

The sinner's dilemma:

I can believe that God forgives me,
but how can I forgive myself?

Occasions for self-blame shame:

Stupid mistakes: Unmet potential
Tragic mistakes: Lives destroyed
Self-destructive sins: I pay the price
Far-reaching sins: Others pay the price

Characteristics of self-blame shame:

I really did do it
I cannot undo it
I cannot make it right
It never goes away

What forgiving myself does not mean:

That what I did wasn't really bad
That what I did didn't really matter
That what I did will ever get better on its own

Taking my self-blame shame to the cross:

I am no longer under condemnation
I have been set free from what I once was
I can admit the helplessness of my situation
I can trust God to work His good in all things
I can be sure of God's perfect plan to glorify

*What unbearable load of shame and regret
can you let be crucified with Christ today?*

Galatians 2:20-21

20 I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. 21 I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!"

Romans 6:5-14

5 If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. 6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin- 7 because anyone who has died has been freed from sin.

8 Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God.

11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. 14 For sin shall not be your master, because you are not under law, but under grace.

Romans 8:1-4

8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. 3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, 4 in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

Romans 8:26-30

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.



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What is Twitter?

Twitter is a social networking service that allows you to share status updates with friends. It helps you share what you are thinking and doing with others. We use Twitter to send mobile updates from our services and enable you to interact with us during services. With Twitter, you can keep up with what's happening when you can't be here, and let us know what you are thinking when you are.

How does Twitter work?

When you send twitter an update, that status goes out to all your "followers." If you follow Middletownnaz, you will get our updates about the services either online or on your cell phone. When you reply to those messages, you send out a status update to your followers, including us.

How do I sign up?

Signing up is easy. Simply text "follow middletownnaz" (without the quotes) to 40404. If you have an account, you will become our follower and get our updates on your phone. If you don't, it will prompt you to create a new username. Just reply to that message with a username, and you're all set up.

How do I manage my account?

Go to <http://twitter.com> to set up your account and set options like protecting your status updates so only friends can see them. Just make sure you accept us as your friend!

How much does it cost?

Twitter is free, but standard text messaging rates apply, so make sure you have a plan that provides enough texts a month.

How do I stop getting updates?

Simply send "Off" (without the quotes) to 40404. You will have to send it twice to turn off all messages to your phone.

Crucified with Christ

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Romans 8:28-30

***"Self-Blame
Shame!"***

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www.middletownnaz.com