

*"...having the eyes of your heart enlightened..."* Ephesians 1:18

## Mark Your Calendar

**June 2<sup>nd</sup> — Summer Quarter Begins: Teacher Training Program for all the Ladies**

**July 7-12 — Vacation Bible School**

## Welcome Visitors!

You are our honored guests and we are pleased that you have chosen to visit us today. Our goal is to do everything according to God's word, including respecting its silence. This is a church of Christ; we are not a denomination, not part of anything larger than this local church and we have no earthly "headquarters." The five elders oversee this work and, ultimately, we answer only to Christ. The comments you hear today are primarily aimed at our own members, as we examine Scripture and seek to be built up in our faith in Christ. If you don't understand something, please do not hesitate to ask one of the elders. We welcome and appreciate your comments and questions on any issue and especially if you see or hear anything that you feel does not correspond to God's word. We are here to serve; please help us do that.

**Please fill out a visitor's card and put it in the collection plate. Thank You**

## Schedule

### The Lord's Day

9:30 AM – Classes

Auditorium: Authority

Room 13/14: Parenting

10:30 AM – Assembly

Speaking today: David Posey

Ecclesiastes: "Watch Your Steps" (5:1-7)

2 PM Class at the Building

Room 13/14

Minor Prophets

5 PM (building)

Fruit of the Spirit

Weekly Young Adults Class

Tonight at the Posey's: 5 PM

Tuesday, 10 AM

This class will resume in the fall

Wednesday, 7 PM

Singing

Men's Saturday Morning Meeting

7 AM, second Saturday of the month (see Tyler Wade)

## Information

### Children's Classes

We have classes for children from 18 months and up. Please see the map in the hallway or ask any of the members which room is appropriate for you and/or your child. There are several Bible studies in progress on Sunday afternoon and evening. Check with David Posey if you have questions.

### Restrooms

There are two sets of restrooms: one off the first hallway to the right of the lobby and another at the end of the first hallway to the left. Ask anyone and they'll be happy to point you in the right direction.

### For Small Children

There is a special room for nursing mothers and a separate "cry room" at the rear of the auditorium. You enter them from the first hallway to the right, across from the restrooms.

### Online

You can find copies of class material and archives of previous editions of the View and listen to sermons online at [www.folsomchurch.com](http://www.folsomchurch.com). Find us on Facebook at <https://www.facebook.com/folsomchurch>

### View & Junior View

Be sure to pick up a copy of the View and Junior View; both are sent out weekly, plus there are some hard copies printed on Sundays and available in the foyer.

## Disclaimer

*The opinions, interpretations and views that appear in the View are those of the author alone and do not necessarily represent the view of the elders or other members of the church of Christ at Folsom.*

# How Do People Deal With Guilt?

BY DAVID POSEY

*Guilt can be a good thing.*

That doesn't sound right, but of course you know it's true. Guilt is like physical pain: when you have it you know something is wrong and needs to be corrected.

In several respects, guilt is worse because there is no pill or solution you can take to make it go away. Untreated, it can get worse. There are several possible complications of untreated guilt:

One, you can bear the guilt, making yourself miserable most of the time (see Paul's comment in Romans 7:24). Two, you can try to justify the sin that caused the guilt. That rarely works for very long because it's difficult to rationalize away behavior that is clearly wrong. "A bad conscience is a hair in the mouth," said Mark Twain. Three, you can become calloused — you don't feel any guilt, at least when committing certain sins (see Ephesians 4:19). This happens over time when the sin becomes a habit. If this turns into a character trait, you may look in the mirror and see a sociopath looking back at you.

But for those who feel guilt and are upset by it feel a sense of shame. But shame, left untreated, can be deadly. Brene Brown, in a TED talk, spoke about the effects of shame. Here's an excerpt:

The thing to understand about shame is, it's not guilt. Shame is a focus on self, guilt is a focus on behavior. Shame is "I am bad." Guilt is "I did something bad."... Guilt says, "I'm sorry. I made a mistake." Shame says, "I'm sorry. I am a mistake."

There's a huge difference between shame and guilt... Shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders...

Shame is an epidemic in our culture. And to get out from underneath it — to find our way back to each other, we have to understand how it affects us and how it affects the way we're parenting, the way we're working, the way we're looking at each other... some research ... asked, "what do women need to do to conform to female norms?" The top answers in this country: nice, thin, modest and use all available resources for appearance. What do men in this country need to do to conform with male norms? The answers were: always show emotional control, work is first, pursue status...

Guilt itself is a good thing because it tells you something about yourself; it reminds you that your conscience is still active and it reminds you that you are not perfect. But bathing in guilt and shame is dangerous so we need to deal with it. But how?

Religious people try lots of things to rid themselves of guilt. Some think they'll be saved by their "good works." They cite passages such as \*Matthew 25:31-46 and \*James 1:26-27 to make the point that we are saved or lost on the basis of the amount of good works we can accumulate in a lifetime. But that's just a reliance on law, and Paul sets us straight:

For all who rely on works of the law are under a curse; for it is written, "Cursed be everyone who does not abide by all things written in the Book of the Law, and do them." *Galatians 3:10*

A variation of this is a kind of *works-righteousness-balance-the-scales-God-grades-on-the-curve* approach. They think that if they do more good works than they do bad things, it'll all balance out in the end. Not only is it naive in the extreme to think that you can cover all your sins with good works, the Bible never even hints

at such a thing. It says just the opposite:

Now it is evident that no one is justified before God by the law, for "The righteous shall live by faith." *Gal. 3:11*

Mature Christians are those who study God's word every day and come to realize how little they

actually know. They are the pure in heart — not without sin or without guilt but they know how to handle their guilt properly.

So, for them, guilt is a good thing. It drives them to confession, repentance and prayer. It does not slide into degrading shame because they don't give their guilt time to go there.

Guilt is good because it reminds them that God is God and they are not. It keeps them humble. Those who think they are balancing their sins through works are not very humble, typically. Have you ever noticed how those who constantly stress good works as a source of salvation have a way of calling attention to their *particular* works? Works cannot forgive you or save you. That would be saving yourself. You need God to save you, through the blood of Jesus. You need grace.

If you're a Christian, guilt is handled by confessing your sins. I John 1:9 states simply that if you confess your sins, God "is faithful and just to forgive our sins and cleanse us from all unrighteousness." Now that is a blessing — a "second law of pardon," if you will — that should compel you to do all the good works that you can do — not *to be* cleansed but in appreciation for God's cleansing.

\*Tyler Wade wrote an excellent article on James 1:26-27 in the May 12th, 2019 issue of the *View*. For my critique of using Matthew 25:31-46 as the "plan of salvation," see the January 10, 2016 issue of the *View*.

### Five Questions to Ask Your Graduating Seniors

Every year when spring rolls around those of us [who work with youth] find ourselves asking a similar set of questions regarding our seniors.

We ask, “Did I tell them everything I wanted to say? Did I share with them the truth? Did I finish strong?”

When the answer is “yes,” it makes us feel good; if the answer is no, it does the opposite.

But I’m not convinced that we’ve been asking ourselves the right questions. “*Did I...*” questions can reveal something about ourselves, but they tend to tell us very little about our students.

And when some of our most solid kids start college and immediately join the party scene or quickly start questioning their faith, it might be an indication that we’ve been going about evaluation in the wrong way. We need times of reflection that are focused more on our students and less on ourselves.

#### 1. WHAT IS THEIR GREATEST NEED?

...Go through your list of seniors, and collectively ask “What is their greatest need?” By asking this question you’ll identify what will help each student make a successful college transition. Then take this same question directly to your seniors. *Warning!* Don’t assume you know their answers. It may be that your impression of a student is far from reality. You may have thought that a student couldn’t wait to get to college, but in reality, he’s terrified of being on his own for the first time. Asking “What is your greatest need?” opens the door to a...conversation where you can speak into those specific needs or concerns while there’s still time.

#### 2. WHAT DO THEY BELIEVE REGARDING THE IMPORTANCE OF CHRISTIAN COMMUNITY?

A student who leaves for college thinking they don’t need the body of Christ is like a wolf leaving the pack thinking he doesn’t need meat. They’ll survive for a little while, but eventually they’ll start filling themselves with whatever they can find to satisfy that need. Make sure your seniors understand how vital it is that they find Christian community on and off campus, and help them learn how to find it.

#### 3. DO THEY TRUST THE WORD OF GOD?

Students going to college in today’s world are going to face everything we can imagine and more. And when students enter the world lacking a deep trust of God’s Word, they often let their experience trump everything else. Asking this question helps you identify if a student is more likely to interpret the Bible through the lens of experience OR interpret their experience through the lens of God’s Word. The answer to that

question will make all the difference. Spend time asking your seniors if they have any questions or doubts about the authority and reliability of the Bible.

#### 4. DO THEY HAVE A RELATIONSHIP WITH AN ADULT LEADER WHO WILL KEEP IN TOUCH?

Students need to know that they are not forgotten. They need to know that someone is praying for them, thinking about them, and ready to care for them if they stumble or mess up. Ask yourself, “Is there an adult in this student’s life who will love them, pray for them, and encourage them with truth from God’s Word?” If the answer to this question is “no,” do everything you can to get them paired up with someone. A senior outing or a senior retreat could be a great way to encourage these relationships. It’s great when the student receives a text message from their adult leader asking how things are going!

#### 5. DO THEY UNDERSTAND THE LOVE OF GOD AS EXPRESSED IN THE GOSPEL?

We can’t force our students to believe the gospel, but we *can* make sure that they understand it.

By taking our eyes off ourselves and asking these five specific questions we’ll be able to see more clearly how to finish well with our senior students. And instead of worrying about our seniors, we’ll feel confident at graduation – and so will they.

—adapted from a blog article on [LeaderTreks.org](http://LeaderTreks.org)

### Trends and stuff to be aware of... “Nightmare”

Singer Halsey’s new single and music video. ...reveals a problematic vision of femininity, one based in brash sexuality, lust, vulgarity, and retributive aggression...

#### Burner Phones

If you’ve ever taken your teen’s phone away from them, odds are they have access to a secret, back-up device. Burner phones used to be for drug dealers, now most teens have entrée to a second phone unbeknownst to parents. “In almost every high school across the country there is a kid who sells burner phones from their locker.”

#### AirPods...

...have become so ubiquitous that they’re a sort of status symbol, and there’s even a whole meme category about how AirPods represent younger generations’ alienation from the physical world. One thing’s for certain, though: The first step to getting those headphones off is understanding why your teen is so adamant about having them on in the first place.

#### Booksmart

A critically acclaimed movie about smarts kids who missed out on the fun while in high school so they seek to reclaim it... “this film is far from wholesome and underscores promiscuity and risky behavior as if they are the hallmarks of adolescence.”

—from *Cultural Translator*, May 24, 2019