



THE BEST OF 2010

GETTING PAST THE GUILT OF YOUR PAST

ISAIAH 58:1–12



The Heart of the Matter

It's one of those little quirks in life: you can pick your friends, you can pick your spouse, but you *can't pick your family!* No one asked you if you wanted your particular parents or grandparents or siblings or aunts or uncles or cousins, but they're all yours. Being thrown into such a mix inevitably leads to friction because none of them is just like you, and all of you are imperfect. Family relationships are bound to strain at times and in many cases fracture, leading to feelings of failure and guilt, but there is a way to repair and rebuild damaged relationships—whether or not you've chosen them.



Discovering the Way

1. Inescapable and Painful Realities of Humanity

None of us can escape these four truths: we are all imperfect, we cannot change the past, we are personally responsible for our own wrongs, and we are not responsible for another's wrongdoing.

2. Guidelines for Recovery and Renewal (Isaiah 58:1–12)

Coming to grips with the guilt and shame of your past requires you to humble yourself, to pray, to “remove the yoke,” to make yourself available and vulnerable, and to trust God to bring changes.

3. Cynthia Swindoll's Testimony

God challenges us through Cynthia's story to take responsibility for our own wrongs and to ask for forgiveness.



Starting Your Journey

Blame and bitterness are black spots on the soul. Like a cancer, an unforgiving spirit will eat away at any relationship until that relationship dies. The only course of treatment is the radical radiation of forgiveness—forgiving those who've wronged you and seeking forgiveness for the wrongs you've caused in another's life.



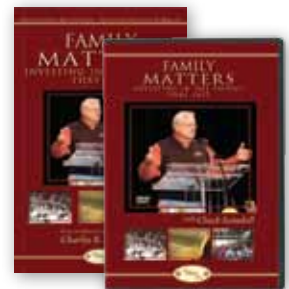
Tools for Digging Deeper



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