

Summer White

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TH 502

2/4/23

This chapter was eye opening in a way of showing the points of action when it comes to the shame and guilt sin plays on our lives depending on where we live in this world.

It is sad to think that people commit suicide because they feel that their guilt and shame are too much for them to bear. Sadly these people never knew the true love of the Father. There are two types of culture known as 'shame-based' and 'guilt-based'. The west definitely has a guilt-based mind set in a way that we are taught early on that we are guilty of our sin in our own minds and hearts. People from the east see themselves as shameful because they place shame not only on themselves, but also on their loved ones. "Guilt generally follows the transgression of moral laws..."<sup>1</sup> One good thing about being a Christian is that Jesus took our sin and laid it on the cross. We are forgiving, just by this sacrifice.

1. Why did those young girls feel so much guilt over being raped? What is wrong with this system?
2. I like the old Japanese proverb, "The nail that sticks up gets hammered down."

What proverbs in the Bible may run parallel with this?

As a seminary student, this chapter has been so helpful. I will carry these lessons on with me and apply them to others in my walk with life. I dealt with shame for many years and the therapy I received during these trying times made all the difference in the world. The point of how Jesus took on all our shame and guilt is a gift. I tell my loved ones all the time, "Do not allow others to make you feel inferior without your consent." This is a lesson to live by.

