

SIN

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The Ten Commandments Worksheets

“Be still, and know that I am God.” Psalm 46:10

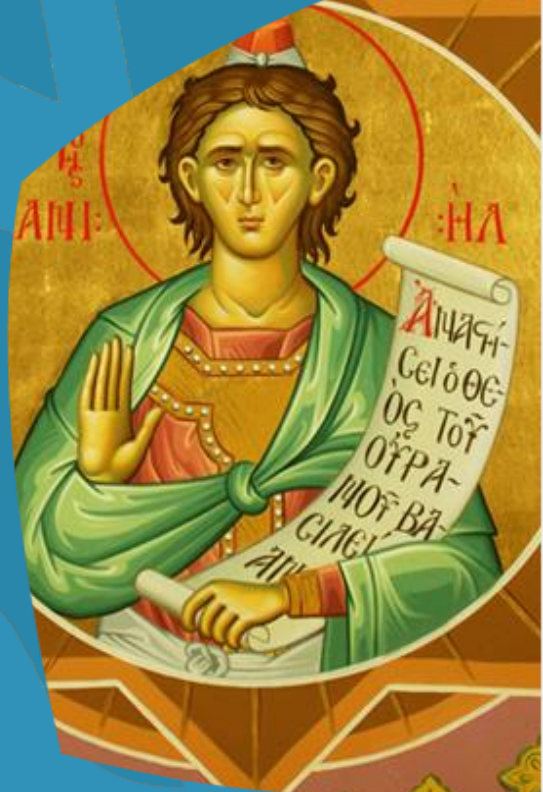
“You will be like God, knowing good and evil.” Genesis 3:5

“What is it to have a god? A god means that from which we are to expect all good and to which we are to take refuge in all distress, so that to have a God is nothing else than to trust and believe Him from the [whole] heart.” (Martin Luther’s Large Catechism: The Ten Commandments)



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The SIN Project

SIN

The Starting Place

What negative emotion is “home” for me? The place I try to get away from but always return to? *Here are some possibilities . . .*

uneasy	angry	frightened	devastated
distrustful	frustrated	uneasy	lost
suspicious	cross	inadequate	down
scornful	irritated	tense	discontented
disdain	annoyed	anxious	foolish
bitter	furious	nervous	shocked
stupid	livid	scared	mixed-up
shame	enraged	petrified	despairing
worthless	hurt	threatened	nervous
flustered	trapped	horrified	miserable
insecure	tired	sad	bereft
bored	unhappy	tearful	weak
flat	upset	weepy	confused
apathetic	lonely	guilty	

What are the many faces of this emotion?

Core Longings

And Their Deficits

Core Longing Deficit – the degree to which you have the fear that a particular Core Longing is not filled to the brim.

Core Longings are the places in your heart and soul where you want the deepest kind of relationship with others, and yet you know things are never the way they are supposed to be. Here are some of them:

<i>Belonging</i>	<i>Purpose</i>	<i>Love</i>	<i>Understanding</i>	<i>Safety</i>	<i>Significance</i>
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Choose one of these Core Longings. Are you 100% satisfied in this area, or might you be missing something?

How have I dealt with this ongoing fear?

What is the dominant sinful pattern that I have used to keep myself, others, and God away from the weak, undeveloped parts connected to the fear and CLDs?

- *If you need help discovering these patterns, go to Luther's Small Catechism and read his explanations of each of the Commandments (see last page)*

How is that working out for you?

- *If you'd like to get a better handle on the idea of Core Longings and Core Longing Deficits, read the Book of Psalms!*

My proactive strategy

To keep me away from the primary emotion and the weak self, I seek

- Power
- Ambition
- Recognition

Power, Ambition, Recognition – Bread from stones, Kingdoms of the world, Rescued by angels. All from the fear that the Father's pleasure will not be enough!

But this strategy

- Has been "Christianized" (=> the Prosperity Gospel)
- Purpose is fear management
- Mixed motives at best

- Emotional response – sorrow and sadness
- Call of God – repentance

My reactive strategy

To get me away from the primary emotion and weak self, I seek to

- Run and hide
- Avoid
- Become aggressive
- Manipulate

You can use Martin Luther’s explanations of the Ten Commandments to see how you are bringing these Proactive and Reactive Strategies online in your life (see last page)

But this strategy

- Is less “Christianized”
- Purpose is fear management
- Emotional response – sorrow and sadness
- Call of God – repentance

At this point my only hope is that getting open about all this (repentance) will in fact lead to knowing God.

Compare Luke 4:1-13 (The Temptation of Jesus in the Wilderness)

Core Longings, Dysfunctional Behaviors, Sins and the Cross

Because I am not truly secure in being beloved, chosen, empowered (apart from my own efforts at securing these) I have repeatedly chosen away from the security that is mine in Christ at the level of my deepest and truest self, and indeed have secured my provision, safety, and significance by my own efforts. . . . Saying yes to making bread, jumping from towers, and bowing to darkness, does fill and bring some safety, and provide some significance . . . only for a while for sure . . . but we turn back there repeatedly because we know it works. (T. Wardle, “The Journey Begins” page 12 in *Healing Prayer and the Formational Counselor* curriculum)

Core Longings

Core longings are meant to draw us into God’s embrace, finding rest and contentment.

Dysfunctional behaviors are . . .

- Patterns of sinful acts that spring from desire
- Twisted away from God
- Idolatrous choices
- Ungodly attempts to fulfill core longings
- Sinful responses to emotional pain that results from core wounding (original sin)

These result (Romans 6) in

- Slavery
- Shame
- Separation from God

Dysfunctional Behaviors are like ADDICTIONS because they are so hard to shake, and like SPARE TIRES because they seem to do the job.

Jesus, the Cross, and Sinful Choices

At the Cross, Jesus ALREADY

- Paid for our sin
- Provides forgiveness
- Cancelled the law of sin and death
- Experienced our separation
- Received God's full wrath

As a result, this is what God has done with our sin

- He does not count it against us (Romans 4:8)
- He covers it up (Romans 4:7)
- He puts our wrongs behind His back (Isaiah 38:17)
- He removes our sins from us (Psalm 103:12)
- He blots out our sin (Isaiah 43:25)
- He sweeps away our sin (Isaiah 44:22)
- He does not even remember our sin (Hebrews 8:12)

Therefore

- There is no condemnation
- There is no separation
- We are secure

But

Sin carries consequences

- The Law of Sowing and Reaping

- The Law of Gravity

So sin must be confronted

The Holy Spirit reveals sinful choices (using the Law in general and the Ten Commandments in particular)

The Holy Spirit brings cleansing and freedom

Ten Commandments Exodus20:1-17 Deuteronomy 5:1-21 Explanations by Dr. Martin Luther	What sinful pattern have I used to keep myself, others, and God away from the weak, undeveloped parts of me connected to my fears and Core Longing Deficits?	How have I ignored, overlooked or disobeyed this commandment in order to gain Power, Ambition, or Recognition (Proactive Strategy)? How have I used it to Run and Hide, Avoid, Aggress, or Manipulate (Reactive Strategy)?
The First Commandment. Thou shalt have no other gods. <i>What does this mean?--Answer.</i> We should fear, love, and trust in God above all things.		
The Second Commandment. Thou shalt not take the name of the Lord, thy God, in vain. <i>What does this mean?--Answer.</i> We should fear and love God that we may not curse, swear, use witchcraft, lie, or deceive by His name, but call upon it in every trouble, pray, praise, and give thanks.		
The Third Commandment. Thou shalt sanctify the holy-day. <i>What does this mean?--Answer.</i> We should fear and love God that we may not despise preaching and His Word, but hold it sacred, and gladly hear and learn it.		
The Fourth Commandment. Thou shalt honor thy father and thy mother [that it may be well with thee and thou mayest live long upon the earth]. <i>What does this mean?--Answer.</i> We should fear and love God that we may not despise nor anger our parents and masters, but give them honor, serve, obey, and hold them in love and esteem.		
The Fifth Commandment. Thou shalt not kill. <i>What does this mean?--Answer.</i> We should fear and love God that we may not hurt nor harm our neighbor in his body, but help and befriend him in every bodily need [in every need and danger of life and body].		

<p>The Sixth Commandment. Thou shalt not commit adultery. <i>What does this mean?</i>--Answer. We should fear and love God that we may lead a chaste and decent life in words and deeds, and each love and honor his spouse.</p>		
<p>The Seventh Commandment. Thou shalt not steal. <i>What does this mean?</i>--Answer. We should fear and love God that we may not take our neighbor's money or property, nor get them by false ware or dealing, but help him to improve and protect his property and business [that his means are preserved and his condition is improved].</p>		
<p>The Eighth Commandment. Thou shalt not bear false witness against thy neighbor. <i>What does this mean?</i>--Answer. We should fear and love God that we may not deceitfully belie, betray, slander, or defame our neighbor, but defend him, [think and] speak well of him, and put the best construction on everything.</p>		
<p>The Ninth Commandment. Thou shalt not covet thy neighbor's house. <i>What does this mean?</i>--Answer. We should fear and love God that we may not craftily seek to get our neighbor's inheritance or house, and obtain it by a show of [justice and] right, etc., but help and be of service to him in keeping it.</p>		
<p>The Tenth Commandment. Thou shalt not covet thy neighbor's wife, nor his man-servant, nor his maid-servant, nor his cattle, nor anything that is his. <i>What does this mean?</i>--Answer. We should fear and love God that we may not estrange, force, or entice away our neighbor's wife, servants, or cattle, but urge them to stay and [diligently] do their duty.</p>		