

“Fools make fun of guilt, but the godly acknowledge it and seek reconciliation.” Proverbs 14:9 NLT

[lectio] // PROVERBS 14:5-9

listen to the text by reading out loud slowly and repeat up to 3x if desired

Benefits of guilt. Are there benefits to acknowledging sin, error, mistakes or mis-steps? Absolutely! Guilt, when kept in perspective, identify responsibility. It can initiate repentance and apologies. In fact, it is a catalyst for change. It's the beginning of recognition of the role our failures, stupidities and selfishness have played and should then encourage a change. It is deeply beneficial in anyone who wants to be more self-aware, more humble and more authentic. Love is the ability to be sorry, saying sorry and working hard to change our behavior. And finding forgiveness or resolution is an amazing perk.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I have been experiencing guilt, healthy, helpful guilt for about 42 years now and I love how it keeps me close to you and others when I embrace it, apologize and change because of it. Thank you for the ability to see the error of my ways and know that you bring acceptance and freedom when I admit I'm wrong.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root