

Shame, blame and guilt

23 November 2025

Bible Reading: John 8:1-11

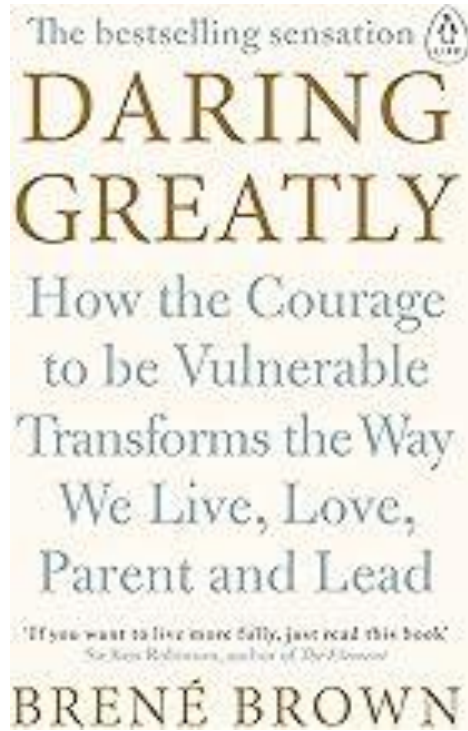
(Jesus at the Feast of the Tabernacles or Booths)

Then they all went home, but Jesus went to the Mount of Olives. At dawn he appeared again in the temple courts, where all the people gathered round him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, 'Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?' They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, 'Let any one of you who is without sin be the first to throw a stone at her.' Again he stooped down and wrote on the ground. At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she said. 'Then neither do I condemn you,' Jesus declared. 'Go now and leave your life of sin.'

Bible Reading: Matthew 6:5-13 (2)

When Jesus and the disciples had finished eating, Jesus spoke to Simon Peter. He asked, “Simon, son of John, do you love me more than these others do?” “Yes, Lord,” he answered. “You know that I love you.” Jesus said, “Feed my lambs.” Again Jesus asked, “Simon, son of John, do you love me?” He answered, “Yes, Lord. You know that I love you.” Jesus said, “Take care of my sheep.” Jesus spoke to him a third time. He asked, “Simon, son of John, do you love me?” Peter felt bad because Jesus asked him the third time, “Do you love me?” He answered, “Lord, you know all things. You know that I love you.” Jesus said, “Feed my sheep. What I’m about to tell you is true. When you were younger, you dressed yourself. You went wherever you wanted to go. But when you are old, you will stretch out your hands. Someone else will dress you. Someone else will lead you where you do not want to go.” Jesus said this to point out how Peter would die. His death would bring glory to God. Then Jesus said to him, “Follow me!”

Shame



Ted talks

www.ted.com/talks/brene_brown_listening_to_shame

www.ted.com/talks/brene_brown_the_power_of_vulnerability

Books (all available in Suffolk Libraries)

- Strong ground : the lessons of daring leadership, the tenacity of paradox and the wisdom of the human spirit
- Atlas of the heart : mapping meaningful connection and the language of human experience
- The gifts of imperfection
- Dare to lead : brave work, tough conversations, whole hearts
- Braving the wilderness : the quest for true belonging and the courage to stand alone
- Daring greatly : how the courage to be vulnerable transforms the way we live, love, parent and lead
- Rising strong
- I thought it was just me (but it isn't) : telling the truth about perfectionism, inadequacy and power

Blame

Forgiveness: Stories from the Front Line (BBC Sounds)

www.bbc.co.uk/programmes/m0018np9

The Forgiveness Project www.theforgivenessproject.com

TOM WRIGHT



Justification

God's Plan and Paul's Vision

Guilt

Justification: God's Plan and Paul's Vision (2009)

A response to John Piper (2007):

*The Future of Justification:
A Response to Tom Wright*