

“How the Gospel is Pastoral Care” – Part 2
14 September 2025

3. Propitiation

1 John 4:11
Ephesians 4:32
Romans 15:7
Matthew 22:37,39
Luke 6:27-28
John 8:3-9
2 Corinthians 1:3
Hebrews 4:14-16
Hebrews 1:3
Isaiah 53:4-6
1 John 4:9-11
Isaiah 64:6
1 John 1:5
Romans 5:6-11
2 Corinthians 5:21
Romans 8:38-39
Romans 8:15
Ephesians 2:4-9
1 John 4:18
Revelation 12:10-11
Romans 5:1
Colossians 1:21-22

4. Regeneration

Proverbs 16:25
Luke 19:1-10
Ephesians 2:5
Titus 3:3-7
John 3:3-6
Romans 8:10
Colossians 2:9-10
Ephesians 4:22-24
2 Samuel 12:1-13

#3 - FEAR OF PUNISHMENT/PUNISHING OTHERS TEST

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the blank beside each statement.

1 2 3 4 5 6 7
Always Very Often Often Sometimes Seldom Very Seldom Never

___ 1. I fear what God might do to me.

___ 2. After I fail, I worry about God's response.

___ 3. When I see someone in a difficult situation, I wonder what he or she did to deserve it.

___ 4. When something goes wrong, I have a tendency to think that God must be punishing me.

___ 5. I am very hard on myself when I fail.

___ 6. I find myself wanting to blame people when they fail.

___ 7. I get angry with God when someone who is immoral or dishonest prospers.

___ 8. I am compelled to tell others when I see them doing wrong.

___ 9. I tend to focus on the faults and failures of others.

___ 10. God seems harsh to me.

___ Total (Add up the numbers you have placed in the blanks.)

Interpretation of Score

If your score is...

57-70

God has apparently given you a very strong appreciation for His unconditional love and acceptance. You seem to be freed from the fear of punishment that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

The fear of punishment and the compulsion to punish others control your responses rarely or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may tend to relate to a fear of punishment or to an inner urge to punish others. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of punishment and/or the compulsion to punish others unless you take direct action to overcome these tendencies.

27-36

The fear of punishment forms a general backdrop to your life. There are probably few days that you are not affected in some way by the fear of punishment and the propensity to blame others. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of punishment dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive plan is followed. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.

From:

Robert S. McGee. *The Search for Significance*. Second Edition © 1990, by Robert S. McGee.

Rapha Publishing. pp.90-2.

#4 - SHAME TEST

Read each of the following statements; then, choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1 2 3 4 5 6 7
Always Very Often Often Sometimes Seldom Very Seldom Never

___ 1. I often think about past failures or experiences of rejection.

___ 2. There are certain things about my past which I cannot recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear, etc.).

___ 3. I seem to make the same mistakes over and over again.

___ 4. There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.

___ 5. I feel inferior.

___ 6. There are aspects of my appearance that I cannot accept.

___ 7. I am generally disgusted with myself.

___ 8. I feel that certain experiences have basically ruined my life.

___ 9. I perceive of myself as an immoral person.

___ 10. I feel that I have lost the opportunity to experience a complete and wonderful life.

___ Total (Add up the numbers you have placed in the blanks.)

Interpretation of Score

If your score is...

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the shame that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

Shame controls your responses rarely or only in certain situations. Again, the exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of shame. Upon reflection, you will probably relate many of your previous decisions to feelings of worthlessness. Many of your future decisions will also be affected by low self-esteem unless you take direct action to overcome it.

27-36

Shame forms a generally negative backdrop to your life. There are probably few days that you are not affected in some way by shame. Unfortunately, this robs you of the joy and peace your salvation was meant to bring.

0-26

Experiences of shame dominate your memory, and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear one day; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.

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Rapha Publishing. Pp. 105-6.

Regeneration Passages

Scripture helps to experience freedom from the fear of shame. Start by looking up the following verses and reflecting on who you are in Christ. Paraphrase each of the following passages about your new life in Christ:

Matt. 5:13

Matt. 5:14

Rom. 1:7

Rom. 5:17-18

Rom. 8:1

Rom. 8:17

Rom. 8:37

2 Cor. 5:17

2 Cor. 5:21

Gal. 2:20

Eph. 1:5

Eph. 1:7

Eph. 2:4-6

Eph 2:10

Eph. 6:10.

Col. 2:10

Col. 3:12.

1 Pet. 1:16

1 John 4:17
