



# Pause With Purpose

...to refresh

...to grow

Published monthly by  
Free to Be  
Life Coaching  
and  
John Rottschaefer PhD  
Certified Life Coach  
Volume 43 - July 2009

## A Call For Morality

Have you noticed? In some segments of our society, sin has all but vanished. O certainly, we still have behavior that is abusive and hurtful, speech that is foul and unkind, attitudes that are selfish and devious, and conduct that we prefer to label as inappropriate, unhealthy, or illegal. But sin? Well, it seems to have been left behind like a pair of uncomfortable shoes.

But is it really gone? Not at all!! There seems, however, to be an effort to relegate sin to the files of archaic relics, the left-overs of overly zealous religious fanatics. Why is this?

The concept of sin has the ability to make us uncomfortable on many levels.

1) Sin is seen as evidence of a flawed character. While doing something illegal is considered to be bad behavior, doing something immoral is viewed more personally as demonstrating bad character. Small wonder people fight to avoid "morals" charges and bristle when their conduct is labeled as "sin".

2) Sin carries with it an assumption of judgement, and judgement resurrects within us defensiveness and the challenge of

comparative goodness. While we might accept the "head-level" assessment of our behavior being "illegal", we tend to fight the "heart and soul" label of being "sinful", quickly firing at our accuser, "Who are *you* to judge *me*?"

3) Sin assumes the presence of a moral code. It looks beyond obedience to established rules and laws, and addresses our core motivating intentions and desires. It is less connected with how we look and more reflective of our heart's condition. In a world that is often less than kind, the deeply personal nature of sin leaves us frighteningly exposed and vulnerable.

4) Sin challenges our natural pride and desire for control. An awareness of sin, or rather, a personal ownership of our sin confronts us with our own weakness and brokenness, inviting from us a cry for mercy.

5) Sin recognizes the reality of a deity with more power and authority than us- the Almighty Creator God - and the reality of a moral code established by Him - a code based in love, humility, justice, goodness and service. It is the code Christ himself lived out while on earth, and the one still applicable to mankind today.

Accordingly, sin, or violating that

moral code, is first and foremost an offense to God.

So why call for the return of morality based thinking and living? Simply put, it keeps us from making gods out of our selves and each other. It provides meaningful guideposts for the decisions we face every day and holds us accountable for how we respond. It helps us avoid the non-descript wasteland of universal tolerance while empowering us to maintain universal love. And finally, it opens the door for the personal growth and transformation of our heart and soul - something that rules and laws alone are not able to accomplish.

Just imagine - morality in business (not just success, gain, dominance, etc), morality in politics, morality in relationships, morality in family life, in recreation, in work, in finances.

Let's re-ignite morality again, with it's sense of God-authority and sin-offense. Let's stir a passion for lived-out morality that builds up our capacity to love while empowering us to courageously confront the sin within and around us that would corrupt the goodness of life.

Our life will be better for it.



# Pause with Purpose

Volume 43 - July 2009

## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

You can contact me at:  
John Rottschafer, PhD  
*Free to Be* Life Coaching  
12317 Verlin Dr  
Gowen, MI 49326

phone - (616) 450-4615  
e-mail -

john@freetobelife coaching.com  
www.freetobelife coaching.com



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

Copyright 2009 by John Rottschafer Ph.D.  
and Free to Be Life Coaching.  
Reprint permitted with source information included.

## The Joy of Morality

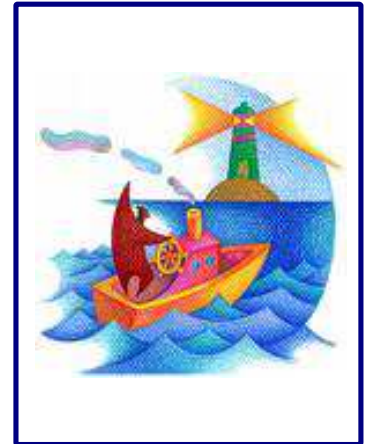
Some fear that this talk of morality with it's awareness of sin is just an invitation for depression and low self esteem. They see it as negative and oppressive, a burden of restrictiveness in an already challenging life.

At times like these, it is helpful to remember the comparative law of opposites. It is impossible to fully understand the meaning of "up" unless we also comprehend the meaning of "down". To appreciate peace, we must be aware of the horror of war. The same is true for hot/cold, in/out, and so on.

The beauty of morality , with its awareness of sin, is that it enables us to appreciate the incredible grace of our God, a grace more powerful than the weight of our failures, a grace able to restore our relationship with our Creator.

Likewise, a sense of morality and sin allows us to experience what it's like to be truly loved ... loved in the vulnerable awareness of our sin and failures when looking good isn't even an option. It relieves us of the burden of performance, and allows us instead to appreciate in humble thankfulness all we receive that we don't deserve, and how valuable we must be for this to occur.

Morality a burden? Hardly! It's the gateway to the rich goodness of life itself.



"For children to take morality seriously they must be in the presence of adults who take morality seriously. And with their own eyes they must see adults take morality seriously."

-Robert Bennett