

The Practice of Blameshifting

Adapted from: "COUNSELING PEOPLE'S PROBLEMS" By Dr. Edward Watke Jr.

- Blameshifting began in the Garden of Eden.
- Mankind ever since naturally practices circumventing personal responsibility by placing blame on others, or the environment, events, circumstances, or situations in life. "Anything and anyone is to blame, but self," seems to be the normal reaction to failure in life.
- Blameshifting keeps us from facing responsibility, being accountable and also destroys the potential for change.

This study will help us face this problem that is often manifested by our practice of rationalizing, defense mechanisms, denials, etc. **This is assignment # 1.**

A. What does the Bible have to say about man's natural condition?

1. Genesis 6:5 _____
2. Ecclesiastes 7:20 _____
3. Romans 3:10 _____
4. I John 1:8, 10 _____
5. Because of man's pride, who does he naturally think is right? (Prov. 21:2):

6. Who is responsible for your sins? _____

B. Read Matthew 7:1-5.

1. What does Jesus say you should not do? _____
2. What does He say you should do? _____
3. Who is the guiltier party -- the accused or the accuser? How do you know? (vs. 4) _____

C. As an assignment, list 50 ways you have been failing God as a husband/ wife, mother/father, church member, Christian employee, student, etc.

D. Read the following verses and write out how each shifted the blame to someone else. (Put it in your own words.)

1. Genesis 3:12 _____
2. Genesis 3:13 _____

How did blameshifting affect the relationship between Adam and Eve?

3. In what way is blameshifting contrary to the definition of love as found I Corinthians 13:5... *"Love doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil..."* _____

Or consider Proverbs 19:3 _____

4. Are you blaming God for the results of your own foolishness and sin?

Consider Genesis 39:7-20: _____

5. Are you blaming someone else for your own sin? If so, whom are you blaming and what sin have you committed? _____

Consider Numbers 13:26-14:6: _____

Are you blaming God for your lack of faith? Or for your unwillingness to accept and learn from providential changes and trials in your life? Have you been blaming someone else because things don't go the way you want them to go? Have you done this for years?

6. Study I Samuel 15:1-23, particularly consider verses 15, and 21.

a. What did God specifically command Saul to do? (vs. 3) _____

b. What did Saul do? (vs. 9) _____

c. Whom did he blame? (vs. 15) _____

7. If we seek to justify our actions and shift blame to someone else, what will be the result? (Consider Job 9:20.) _____

E. How does God want you to deal with your sin?

1. Proverbs 9:20 _____

2. Psalm 32:5 _____

3. Psalm 51:4 _____

4. I Samuel 3:15-18 _____

5. II Samuel 12:13 _____

6. Psalm 103:3 _____

7. I John 1: 9 _____

8. James 5:16 _____

9. Micah 7:9 _____

Assignment # 2:

After you have made your list of failures (assignment # 1) ask God's forgiveness. If you have hurt another person, ask that person's forgiveness. If you have sinned against a group of people, go to that group and confess your sins publicly. *Your confession should be as public as the offense.*

What should be your response when someone blames you?

1. Romans 12:17a _____

2. Romans 12:19 _____

3. Philippians 4:4 _____

4. I Thessalonians 5:18 _____

5. I Peter 2:15 _____

6. I Peter 2:23 _____

7. I Peter 3:9 _____

8. Titus 2:7,8 _____

9. I Peter 3:11 _____

Assignment # 3:

Write out at least ten ways you can respond Biblically to someone who accuses you or blames you. Keep in mind that you want to *bless rather than to condemn.*

Assignment # 4:

The Bible says *pursue peace with all men* (I Peter 3:11) and *overcome evil with good* (Romans 12:21). Make a list of 25 things you will do or say to pursue peace and overcome evil with good.

To overcome blameshifting you must:

1. Take full responsibility for your own sins? (Mic. 7:9)
2. Thank God and others for bringing your sins to your attention. (I Thess. 5:18)
3. Confess your sins to God and to others whom you have offended. (I Jh 1:9; James 5:16)
4. Allow God to deal with the sins of others. (Col. 3:25; Nah. 1:2)
5. Seek to change in the areas where you have sinned. (Eph. 4:24; Col. 3:8)
6. Commend, bless, express appreciation, pray for others. (Luke 6:35)
7. Maintain a blameless testimony by good works. (I Pet. 2:15)
8. Always seek to put the best construction on what others say or do. (I Cor. 13:5)

Assignment # 5: For further study and help consider these verses to discover how David handled a situation when he was mistreated by the wicked.

1. Read Psalm 37:1-5

a. What was the circumstance of David's problem? (vs. 1) _____

b. What two commands does God give in verse 3? _____

c. What does God say will be the inevitable fate of evildoers? (vs. 2) _____

d. Rather than retaliating toward those who seek your harm, according to verses 3, 4, 5 what should you be focusing on? _____

e. What promises does God give to those who trust Him and fulfill their responsibilities? vs. 3 _____

vs. 4 _____

vs. 5 _____

vs. 6 _____

2. What should we do with our *so called "personal rights?"*

