



**LESSON 228**

**God has condemned me not. No more do I.**

**Sarah's Commentary:**

God knows our holiness, yet we question it. We live in denial of the truth about ourselves, and now we need to make a decision. Who is right---God or me? There can only be one reality. Is God's knowledge about us the truth, or do we accept as true what He proclaims as false, which is this body and world? In Lesson 186.6, we read, "**Arrogance makes an image of yourself that is not real. It is this image which quails and retreats in terror, as the Voice for God assures you that you have the strength, the wisdom and the holiness to go beyond all images. You are not weak, as is the image of yourself. You are not ignorant and helpless. Sin can not tarnish the truth in you, and misery can come not near the holy home of God.**" (W.186.6.1-5)

What does this mean? It means calling ourselves humble sinners is an arrogant thought. Believing our own description of ourselves is arrogant. Feeling unworthy, ashamed, and distressed is all part of this made-up image we have come to believe is the truth about ourselves. We are not weak. We are made in the image of God. God knows the truth about us. We do not. The observations we make about ourselves are false. God reassures us of the truth, but we are afraid to hear it. "**And as He speaks, the image trembles and seeks to attack the threat it does not know, sensing its basis crumble.**" (W.186.7.2)

What are we asked to do in the face of this? "**Let it go.**" (W.186.7.3) As we read in Chapter 31, "**I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself.**" (T.31.V.17.7) (ACIM OE T.31.V.60) To us, this is a terrifying thought. Yet when we think we do know and maintain that we are right about the self we think we are, we make our purpose one of distortion, where we hold onto this image and listen to its thoughts, instead of the Thought of God. To start, we have to admit, we don't know. All of our perceptions are wrong. We need to have the willingness to question everything we think we know and every value and belief we hold and bring our false thoughts and beliefs to awareness without judging ourselves for our perceptions. Judgment is always of the ego. Jesus looks with us at everything we have made, but he has no judgment and declares what we are thinking is false. We can be glad we are wrong about everything.

Why is this important? Jesus tells us again in Lesson 186, "**Salvation of the world depends on you, and not upon this little pile of dust.**" (W.186.7.4) Our function is to release the little self and accept our magnitude. The only way to peace is to look to the Self and not to the "little pile of dust" for answers. When we focus on our self-made roles, we are very unstable, shifting from grief to ecstatic bliss and from tears to laughter with a thousand shifting moods. Such instability is not who we are. Thank God!!

Today, let me be willing to **"take His Word for what I am."** (W.228.1.4) When the arguments arise in your mind that you are flawed in any way, be willing to let them go. Deny their power to affect you. **"And my mistakes about myself are dreams. I let them go today."** (W.228.2.4-5) We are not our stories. We are not the dream, but the dreamer. We are not what we tell ourselves we are. We do not deserve condemnation, nor does anyone else. When we attack, then the love that we are is blocked from our awareness, and we can no longer know the truth. God's Love is what we are. We have forgotten our Source. When judgmental thoughts arise, ask for help to forgive yourself for blocking the reality of your holiness.

When you are tempted to judge or attack today, to hold a grievance when you have thoughts of specialness and wanting to meet your needs at the expense of others, of manipulating, of comparing yourself, and of seeing your brothers as guilty, remember that if any of these thoughts are true, God is not. Both cannot be true. Either we are the One Self at one with our Creator with all of His attributes, or we are children of the ego. The thoughts we choose determine who we think we are. This is the decision we need to make with each unforgiving thought.

Today, we wait in silent expectation and in quiet readiness to receive His Word of what we are. God, I am willing to release my judgments of myself and accept your love. I am willing to take responsibility for all the guilt I project onto others and recognize that no one, including myself, is guilty. I have not left You to enter into a body and to die. Now, **"I stand ready to receive Your Word alone for what I really am."** (W.228.2.6) When all illusions are brought to truth, my mind is clear to hear God's Word assure me---I am His Son and have never left Him.

Love and blessings, Sarah  
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