

AUTOPSY • Week 4: Your Pain, Their Gain

Daily Briefing • Day 4 of 5 • Restore Gently and Watch Your Step

WEEKLY MEMORY VERSE

There is therefore now no condemnation for those who are in Christ Jesus.

Romans 8:1

Days 1 through 3 this week looked at our past failures as a resource, what we have to offer others from what we learned from those failures, and what we are actually restoring people to. Today we address the specific risks that come with doing this work and the posture that protects against them. You can watch or listen to the sermon at 1mso.church or on the One Missoula app.

OPENING PRAYER

Heavenly Father, help me to treat others with the same kindness, patience, and gentleness that You have shown me as I use my past failures to help other people with their futures. Guard me from falling back into my old identity or any sort of self-pity and self-loathing. Guard me from pride and from thinking that I am better than others who are stuck where I once was. Use my experience with You as I pray and labor to bring others back to the calling You have on their lives. I ask these things in the name of Jesus. Amen.

TODAY'S TEACHING

Galatians 6:1 uses a word for restore that comes from the medical world. In the original language the Greek word *katartizete* literally means to set a broken bone back into place. The image is precise: Focused. Careful. Not sentimental, not superior. The bone-setter is not cruel and is not soft. They apply exactly the right amount of pressure in exactly the right place. Too aggressive and they cause further injury. Too hesitant and the bone never sets correctly. That is the posture Galatians 6:1 is describing when it tells believers to restore someone caught in a transgression in a spirit of gentleness.

Before anything else, there is a principle worth naming: We give out horizontally what we received vertically. God was patient with us when we did not deserve His patience. He was kind, merciful, and understanding with us when everything we had done argued against it. We extend that same grace to the person in front of us not because they have earned it but because we know from the inside what it feels like to need it and receive it anyway. That is the source and power of the gentleness Galatians 6:1 describes. It is not a technique. It is a response to what God has already done.

There are three specific temptations that hit us when we make ourselves available to God for restoring others, and all three are worth naming plainly. The first is falling back into the sin we escaped. When we engage closely with someone in the same struggle God brought us out of, the pull toward that old pattern can resurface. Watch for it. The second is falling back into self-pity and self-loathing. We may not go back to the behavior, but the shame and guilt of who we used to be can come flooding in. Romans 8:1 is the answer to this one, and it is sitting at the top of this page. The third is beginning to think we are better than the person we are attempting to help. First Corinthians 10:12 handles this one directly: let anyone who thinks he stands take heed lest he fall. The moment we feel superior is the moment we are most at risk.

READ & MEDITATE

Galatians 6:1–2

“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.”

Romans 8:1

“There is therefore now no condemnation for those who are in Christ Jesus.”

1 Corinthians 10:12

"Therefore let anyone who thinks that he stands take heed lest he fall."

Read Galatians 6:1-2 and notice the two things Paul puts in the same verse: the instruction to restore and the warning to watch yourself. Then read Romans 8:1 and ask what it says to the person who starts flooding with shame and guilt about their own past while helping someone else. Then read 1 Corinthians 10:12 and identify who Paul names as the most at-risk person in the room.

REFLECT

We extend gentleness not because the person may or may not have earned it, but because we received it from God when we did not deserve it either.

Fill in the blanks from Galatians 6:1:

*"Brothers, if anyone is caught in any transgression, you who are spiritual should _____
him in a spirit of _____. Keep watch on yourself, lest you too be
_____." (Galatians 6:1)**

*These fill-in-the-blank questions use the ESV text. Your Bible may use different words for the same idea.

Think about the specific way God extended grace to you in the area where you are now helping others. What did His patience and gentleness with you actually look like? How does that shape the way you approach the person in front of you?

When we engage closely with someone in the struggle we came out of, the shame and guilt of who we used to be can come flooding back. The answer is not to push those feelings away. It is to stop contradicting what God has already declared, and start preaching His verdict into our hearts and minds. What He has said about you cannot be contradicted by anyone, including even yourself.

If you found yourself flooded with shame and guilt about your past while trying to help someone else, what does Romans 8:1 say to that moment specifically? If God has declared no condemnation, what does it mean for you to keep bringing the charges against yourself anyway?

You are not smarter or more authoritative than Jesus. If He declares you washed, cleaned, and a new creation, that is your identity. Going back to the self-loathing is not humility. It is actually pride masquerading as humility, a refusal to believe what God said.

Where are you most tempted to contradict God's verdict on your past? What specific thought or memory tends to pull you back toward shame when you should be standing in the identity He declared?

The person who thinks they stand is the person most likely to fall. Not the one still struggling. The one who forgot they were ever in the same place.

Read 1 Corinthians 10:12 and identify two things:

Who does Paul identify as the person most at risk?

What does he tell them to do about it?

Feeling superior to the person you are helping is not a sign that you have fully recovered. It is a warning signal. The moment you stop keeping watch is the moment the ground shifts under your feet.

Where in your current relationships or ministry are you most tempted to feel superior rather than alongside? What does today's passage tell you to do with that feeling?

PRAYER

Write your prayer or pray out loud. As we've read, God's ear is not dull. Talk to Him like He is listening and wants to hear from you.

MEMORY VERSE

Write or recite Romans 8:1 from memory:
