



Breaking the Cycle: Blamelessness as a Wellness Strategy

Article By: Sis Serach HOS Timothy Japan
Edits: Attaniyah Israel – IUIC LA
Final Approval: Sis Adaliyah HO Captain Amaziah (ATL)

We release ourselves from being weighed down by negative feelings when we stop blaming others and focus more on taking responsibility for our actions. Susanna truly was blameless, despite her innocent demeanor she kept quiet, trusted in the LORD and prayed about it. She was poised and calm amid such a deadly accusation. Can we say that we would handle such a situation the same manner as she did? Let's focus on blaming ourselves and how this can cause negative health and wellness issues. We will make mistakes in this journey of repentance to make the kingdom. However, we must not condemn ourselves, which is a form of blame, but rather take responsibility for our actions and move forward in righteousness.

Ecclesiasticus 14:2 Blessed is he whose conscience hath not condemned him, and who is not fallen from his hope in the Lord.

Blame and Its Physical Effects

Blame causes stress and anxiety – both may result in physical maladies that interfere with your mental health. This pattern of blaming either others or us harms the body, which may manifest as physical symptoms such as headache, muscle tension, and digestive problems. Thereby, being accountable can help change into a positive and healthy mindset we cultivate through the practice of being blameless. By reframing the situation, rather than who is to blame we have an opportunity to search for remedies and make efforts towards ensuring that positive outcomes are the way we solve dilemmas we are faced with. That, in turn, can build feelings of empowerment and resilience over our lives which ultimately become something that may enhance our overall well-being.

Sirach 30:23 Love thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.

Blame versus Forgiveness

Another aspect of being blameless is releasing the past and forgiving ourselves for the decisions we have made in our lives or what we have allowed others to bring into our lives. Blaming ourselves and others will bind us in the heaviness of mind and keep our foot from stepping into healthier solutions. When we release these feelings, a sense of freedom overshadows us, and with that comes lightness within self, which ultimately leads to better mental and emotional health. As a result of this release from blame it may improve relationships with others and may become beneficial in making us blameless. Not blaming is the key to better communication, quick conflict resolution, and more positive interactions. It can result in better, deeper relationships with the people who have come and gone through our lives - something that boosts (or even determines) your happiness as a person.

Isaiah 58:9 Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am: if thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanitie:

It all comes down to this - a blameless life is amazing for our health and wellness. When we release blame and take back responsibility for what we are doing, there is more peace within us, thereby empowering our relationships with others as well. Having a mindset with nothing to blame and a blameless reputation can make our lives more meaningful and healthier for not only ourselves but for our lords and the nation of ISRAEL.

Ecclesiastes 7:1 A Good name is better than precious ointment: and the day of death, then the day of one's birth.