

**Dear Friends of the Foundation:**

John Calvin had keen insight into the torture self inflicted upon those with an uneasy and severe conscience.

For when consciences once ensnare themselves, they enter a long and inextricable maze, not easy to get out of. If a man begins to doubt whether he may use linen for sheets, shirts, handkerchiefs, and napkins, he will afterward be uncertain also about hemp; finally, doubt will even arise over tow. For he will turn over in his mind whether he can sup without napkins, or go without a handkerchief. If any man should consider daintier food unlawful, in the end he will not be at peace before God, when he eats either black bread or common victuals, while it occurs to him that he could sustain his body on even coarser foods. If he boggles at sweet wine, he will not with clear conscience drink even flat wine, and finally he will not dare touch water if sweeter and cleaner than other water. (*Institutes*, III.19.7)

So it is that the gospel of Jesus Christ has to do not so much with mathematically settling accounts with God as with God providing, in forgiveness, what is needed to rescue and clear the burdened conscience.

Grace and Peace,

*Jim*

Dr. James C. Goodloe IV, *Executive Director*

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