

Overcoming Shame

Psalm 25

Psalm 25 - of David

Psalms of Lament: 68/150

What goes on in our souls matter to God

vs 1 - *"To you, O Lord, I lift up my soul."*

What do you do with matters of the soul?

- Ignore
- Become overwhelmed
- Medicate
- Distract
- Compensate
- Drown out
- Bring to God

*Turn to me and be gracious to me,
for I am lonely and afflicted.
The troubles of my heart are enlarged;
bring me out of my distresses.
Consider my affliction and my trouble,
and forgive all my sins.*

Psalm 25:16-18

*“O my God, in you I trust;
let me not be put to shame...” (vs 2)*

‘shame’ or ‘ashamed’ (46x in Psalms alone)

Genesis 3 - naked, hiding from God - root of shame
Guilt is personal, shame is social
About belonging, to a person, group or to God
Sense of inadequacy, inferiority, unlovable, illegitimate
Rooted in false belief: *I am what I am. I cannot change. I am hopeless.*
Devalues emotions, personality, body, sexuality, voice

Where does Shame come from?*

David - from enemies trampling over him - defeat
Trauma/abuse/neglect - physical, emotional, sexual
Discrimination - race, gender, economic, physical
Objectification - pornography, slavery, euthanasia, abortion
Relational isolation
Spiritual shaming - from church, Satan
From family, ethnicity, culture, own behaviour

*Adapted from Andrew Mercurio, Alliance Theological Seminary

How do I know if I have a
root of shame deep in my soul?

False Beliefs Test
taken from Search for Significance
by Robert McGee

I often think about past failures or experiences of rejection.
There are past things I can't recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear etc).
I seem to make the same mistakes over and over again.
There are certain aspects of my character I want to change, but I don't believe I can ever successfully do so.
I feel inferior.
There are aspects of my appearance that I cannot accept.
I am generally disgusted with myself.
I feel that certain experiences have basically ruined my life.
I perceive myself as an immoral person.
I feel I've lost the opportunity to experience a wonderful life.

Shame causes me...

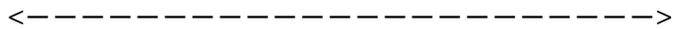
- to run from God and others
- to hide from God and others
- to feel unworthy to open myself to God and others
- to feel unworthy to receive from God and others

Viewing Yourself

Smaller
than
life

True
self

Larger
than
life



*“love my
neighbour,
forget myself”*

*“love my
neighbour,
as myself”*

*“forget my
neighbour,
love myself”*

“God cannot fill the cup withheld from him.”
Andrew Mercurio

Shame is a barrier, a block.

The more I have the less intimacy I can
experience with God and others.

God’s heart for your soul

*Good and upright is the Lord;
therefore he instructs sinners in the way.
He leads the humble in what is right,
and teaches the humble his way.
All the paths of the Lord are
steadfast love and faithfulness,
for those who keep his covenant
and his testimonies.*

Psalm 25:8-10

5 Questions to Overcoming Shame

Do I believe God is trustworthy?

“O my God, in you I trust, let me not be put to shame...” - Psalm 25:2

“Everyone who believes in him will not be put to shame.” - Romans 10:11

“There is therefore now no condemnation for those who are in Christ Jesus.” - Romans 8:1

5 Questions to Overcoming Shame

2. Am I willing to say: ‘ X is true of me.’

-owning your stuff, your reality in truth

-confession, repentance, receiving forgiveness

“Consider my affliction and my trouble, and forgive all my sins.” - Psalm 25:18

“Confess your sins to one another and pray for one another, that you may be healed.” - James 5:16

5 Questions to Overcoming Shame

3. Will I invite Jesus to lead me to his pathways?

-it’s about giving him access, to pain, to darkness, to brokenness

“Make me to know your ways, O Lord, teach me your paths.” - Psalm 25:4

“Confess your sins to one another and pray for one another, that you may be healed.” - James 5:16

5 Questions to Overcoming Shame

4. Will I embrace the exchange of shame for honour?

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

-Hebrews 12:1-2

5 Questions to Overcoming Shame

4. Will I embrace the exchange of shame for honour?

“Instead of your shame there shall be a double portion; instead of dishonour they shall rejoice in their lot; therefore in their land they shall possess a double portion; they shall have everlasting joy.”

Isaiah 61:7

5 Questions to Overcoming Shame

5. Will I submit to his work of renewing my mind?

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

-Romans 12:1-2

Prayer

I choose to embrace the honour given to me by Jesus Christ through his work on the cross. It is there that he carried and defeated the power of shame in my life. So in Jesus' name I rebuke and resist the root of shame and choose to embrace my new identity as a child of God, a co-heir with Christ and loved by my Heavenly Father. I ask you Jesus, to chase the spirit of shame out of my life and displace it with more of your presence.

I give you, Jesus, access to the places in my soul and invite you to heal me and lead me along righteous pathways. Grant me wisdom and understanding that I would know you better. Teach me to think according to your thoughts, to love myself as you love me, and to love others as I love myself. Thank you Jesus, for loving me while I was yet a sinner and even before I could begin to love myself.
