


Shame²



Cause. Signs. Antidote.

Part 2

Shame Recap

1. Shame affects everyone. 
2. Shame brakes belonging.
3. It often goes undetected.
4. It's an internal narrative of worthlessness.
5. Moses example (Ex. 3-4)

Takeaway Part 1



Shame Reflection Self-Inventory

A weekly handout for personal reflection between Part 1 and Part 2 of a sermon series on shame. This handout is designed to help identify where shame may be shaping thoughts, reactions, relationships, and spiritual life during the week.

How to use this handout

Read each statement slowly and rate it from 0 to 4. Higher numbers do not mean you are a bad Christian or beyond help. They may simply indicate that shame has been shaping certain areas of life more than realized.

- 0 = Rarely
- 1 = Occasionally
- 2 = Sometimes
- 3 = Often
- 4 = Almost always



Reflection Statements: How shame shapes self-perception (Score 0-4)

1. When I fail, I quickly move from “I did something wrong” to “there is something wrong with me.”
2. I often feel fundamentally less valuable than other people, even when things seem fine on the outside.
3. I carry a quiet sense that I am defective, disappointing, or not enough.

Godly Sorrow

**Spirit-formed grief over offending
God leading to repentance and
hope without regret.**

2 Corinthians 7:10-11

Guilt

A crossroads leading to Godly sorrow, or hardening into shame, self-loathing and worldly sorrow leading to despair.

Trauma

Shame often develops as a response to overwhelming or violating experiences, especially in childhood or in situations of abuse, neglect, betrayal, or violence.

The LORD God placed the man in the Garden of Eden to tend and watch over it. But the LORD God warned him, “You may freely eat the fruit of every tree in the garden— except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.



Genesis 2:15-17

Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.” So, the LORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one.

Genesis 2:18-19



He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him. So the LORD God caused the man to fall into a deep sleep. While the man slept, the LORD God took out one of the man's ribs and closed up the opening. Then the LORD God made a woman from the rib, and he brought her to the man.



Genesis 2:20-22

“At last!” the man exclaimed.



**“This one is bone from my bone,
and flesh from my flesh!**

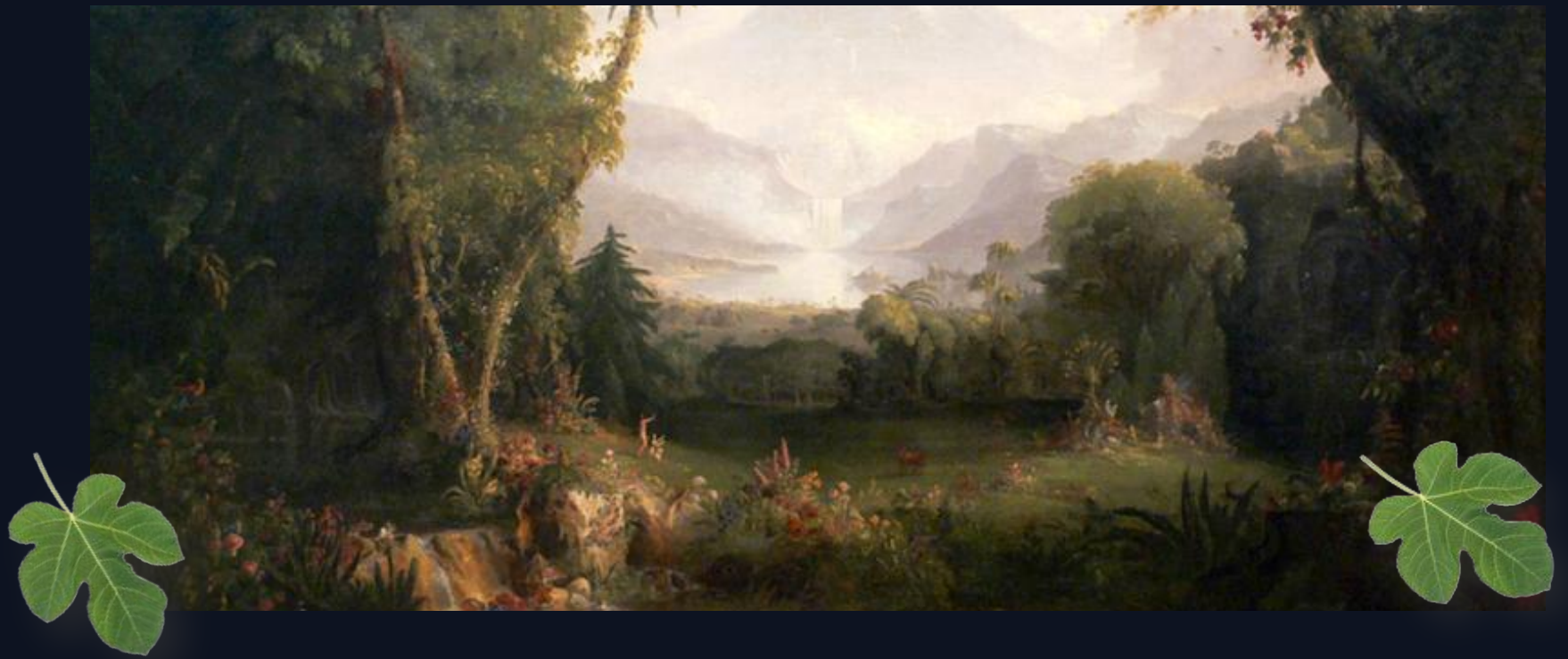


She will be called ‘woman,’

because she was taken from ‘man.’”

**This explains why a man leaves his father and
mother and is joined to his wife, and the two
are united into one.**

Genesis 2:23-24



**Now the man and his wife were both
naked, but they felt no shame.**


Genesis 2:25



The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden? Of course we may eat fruit from the trees in the garden,” the woman replied. “It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.



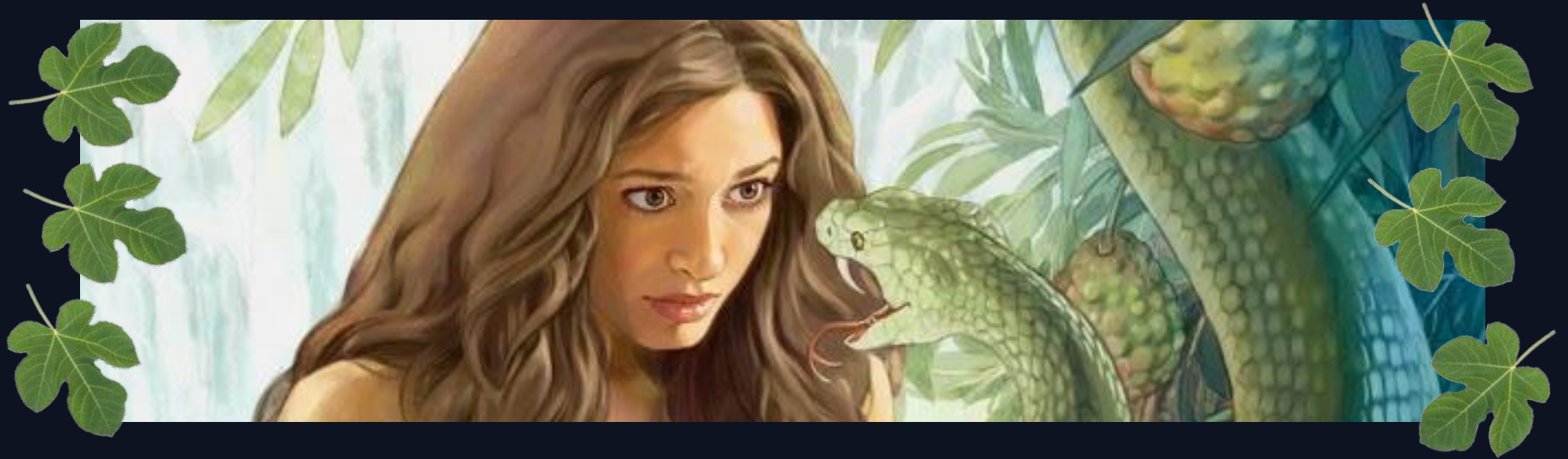
Genesis 3:1-2

“You won’t die!” the serpent replied to the woman. “God knows that your eyes will be opened as soon as you eat it, and you will be like  God, knowing both good and evil.”

The woman was convinced. She saw that the tree was **beautiful (eyes)** and its fruit looked **delicious (flesh)**, and **she wanted the wisdom(pride of life)** it would give her.



Genesis 3:4-6, 1 John 2:16



At that moment, their eyes were opened, and they suddenly knew that they were naked. So, they sewed fig leaves together to cover themselves.

Genesis 3:7



The only way out of the cycle is not more willpower or self-hatred, but bringing our shame and pride into the light of Christ's cross, where he covers and re-names us.

“Whoever believes in him will not be put to shame.”
(Romans 10:11)

James 4:7-10

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.

Surrender - Exchange

The structured dislodging of the self from the center. Shame rooted in pride isn't about mood disorder or cognitive distortion to be managed. **It's a disordered self-understanding about who I am.**

James 4:7 Humility - Resistance - Drawing Near

Action	Psychological Function	Undoes
Submit to God	Decentralizes the self as sovereign	Hubristic pride's self-deification
Resist the devil	Refuses both the grandiose and shame narratives	The accuser's oscillating lies
Draw near to God	Fills the void pride tried to fill; anchors identity	The empty, painful ego
Mourn (v.9)	Processes genuine grief over the false self's damage	Bypassing or minimizing the cost of pride
Humble yourself (v.10)	Voluntarily accepts the low place	The comparative cognition underlying pride
God will lift you up	Shame's collapse is reversed not by self-promotion but by divine exaltation	The shame-induced low self-esteem