

Shame off me!

12.15.19

Review:

Shame is the painful emotion caused by a consciousness of guilt or shortcoming or impropriety.

The two types of shame

Helpful/True

Unhelpful/False

What causes our false shame?

--Shame from Family situations

--Survivor shame

--Abuse

--Accusers/Shamers/Bullies

--Cultural shame

How do we healing from false shame?

----Takes time

---Renew the mindnot emotions

A. We must realize that false shame hinders our "followship" (Do I really want to follow Jesus?)

Have a satisfied life....

John 10:10 The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Reach the unreached and teach the reached

Mathew 28:19-20 Therefore, go and make disciples of all the nations, ^[b] baptizing them in the name of the Father and the Son and the Holy

Spirit. ²⁰Teach these new disciples to obey all the commands I have given you

B. Ask and look! (What does the Father think about what we are feeling shame about)

Ask him!

Look and see what he said. (Scripture)

Pslam 119:45 I will walk in freedom, for I have devoted myself to your commandments

[NET Bible](#) I will be secure, for I seek your precepts.

John 8:10¹⁰ Then Jesus stood up again and said to the woman, "Where are your accusers? Didn't even one of them condemn you?"

C. Get vulnerable (Who am I talking to)

James 5: ¹⁶Confess your sins to each other and pray for each other so that you may be healed.

Galatians 6:2 Share each other's burdens, and in this way obey the law of Christ.

*Community

*Coaches

*Counselors

D. Forgive (Am I trying to carry the burden of the shamer?)

Acts 6:13¹³ Some men agreed to tell lies about Stephen, and they said, "This man keeps on saying terrible things about this holy temple and the Law of Moses. ¹⁴We have heard him claim that Jesus from Nazareth will destroy this place and change the customs that Moses gave us."

Acts 7: ⁵⁹As Stephen was being stoned to death, he called out, "Lord Jesus, please welcome me!" ⁶⁰He knelt down and shouted, "Lord, don't blame them for what they have done." Then he died.

Hebrews 12:2² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.^[a] Because of the joy^[b] awaiting him, he endured the cross, disregarding its shame.

Close:

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