

## Breaking the Power of Shame- Part 2

The Devil takes our sin, our pain, our abuse, our past or anything he can and tries to shame us into hiding in order to destroy us. The most dangerous thing we can do is hide.

- **You think I am transparent because I am courageous.** I am transparent because I am terrified of the darkness.
- Your problem is not the issue/sin, your problem is that you are hiding your problem. Therefore, you are forced to face it/ battle it alone.

### John 4:3-42

#### Shame makes us hide from each other.

The Devil wants to isolate you to destroy you, but the power of shame was broken by the love of Jesus.

#### 5 big questions:

1. **How do we love without enabling?** Love does not require me to affirm a person's sin. But, withholding love does not motivate people to change. Jesus doesn't fix the consequences of our behavior. Bailing people out is rarely an expression of love.
2. **What is the difference between guilt and shame?** Guilt attacks your behavior, and is constructive. Shame attacks your identity and is destructive.
3. **Where is it appropriate to confess?** Our confession should be in gender and age-appropriate spaces. Someone who loves you and who can be emotionally supportive. Men and women can never talk about their marriage problems to someone of the opposite sex alone.
4. **How does change happen?**
  - **Healing.**
    - **Key to healing:** A deeper understanding and experience of God's love.
    - **1 John 4:7-12, 16b-21**
  - **Identity.**
    - **Key to identity is truth. 2 Timothy 3:16**
  - **Character.**
    - **Key to character is community.**
  - **Purpose.**
    - **Key to purpose is serving**
5. **How long does change take?**
  - When we begin to grow, people tell us they see the change, and it feels great. It feels so great we don't want them to see what has not changed yet and we begin to hide. You will never be perfect so don't fake it. Be honest so you can keep growing.
6. **How can God redeem my failures?**
  - Character
  - Testimony
  - Presence- Jesus is attracted to authenticity more than perfection.