



April 18, 2021
Dave Irwin, Pastor of Ministry
Series: "How Ya Doin'?" - Part 2 of 5
Message: "Living in Shame"

Main text: Psalm 32

Big idea

How we handle the shame we feel will either tear us down or propel us upward.

Define shame

Guilt = what I _____

Shame = who I _____

How to handle shame

1. _____ shame.

a. Reject shame's desire to redefine my _____.

b. Reject shame's desire to trap us in _____ and _____.

If you are struggling with shame, explore the help found in Celebrate Recovery. Scan this code for more information.



2. _____ shame.

a. _____ our sin.

b. Respond with humility and _____.

3. _____ shame.

a. Internally we _____ this shame.

b. Externally we choose to respond _____.

MY NEXT STEP TODAY IS TO:

- Identify my needed response to the shame I feel: reject it, leverage it, or welcome it.
- Remind myself daily of who I am in Christ to push back on the shame I feel. (*Who I am in Christ* resource is available in today's digital bulletin or at the Information Counter.)
- Seek help in dealing with my shame at Celebrate Recovery or through the help of a professional counselor.

We exist to help people trust and follow Jesus