

Day 23: Holiness ~ Removing Shame

Holiness is looking more like Jesus. Walking in Him and with Him on a daily basis. When we sin, it should bring repentance. We are truly sorry for what we have done. This is guilt. We know we should not have something or maybe we should have done something and did not. Guilt is a feeling or thought. It is more surface level.

However, shame goes much further. It is a belief about oneself. Guilt says, "I'm sorry for what I have done." Shame says, "I am a bad person for what I did." We take the feeling and thought of guilt and transfer it into how we see ourselves and what we believe to be our truth.

I was bound by guilt and shame. My guilt took root as shame and I continually beat myself up. All of this was subconscious of course. We do not always know we walk in shame. I turned to alcohol, boys, and put on a mask to cover my pain. My thought was if people saw my perfection on the outside, then they would not know what kind of person I really was. Thoughts of "I should have known better," dominated my thinking which transferred to the only next logical step— there is something wrong with me.

I am so thankful that the Lord revealed to me the shame-based nature I walked in. He then led me to pray for the stronghold of shame to break. It took eight months of daily prayer, but shame broke and the dam of God's love and forgiveness rushed over me. This can be your experience also.

There are multiple ways that shame rears its ugly head. It can be a feeling like you do not deserve good things to happen to you. It can be a thought that others are worthy of God's love but not you. It can be actions of self-sabotage and preventing good things from your life. Ask the Holy Spirit for revelation knowledge right now to reveal to you if you have shame.

How do we move forward when shame has us bound? Change the recording in your thoughts. Say, "Jesus makes me clean and right. It is okay to be me because He created me. Everyone sins, but the blood of Christ removes every stain."

Shame keeps us from walking in the promises and love of God. Psalm 139 depicts the process of how God formed you. It is okay to be you. I pray for shame to be broken right now in the name of Jesus.

Day 23 Worksheet

Do you feel like you are a bad person or somehow have messed things up? Explain your response.

Could you relate to my story of shame? Write your response.

Do you think as a child of God that you deserve His blessings like everyone else? If not, why not?

Shame says there is something wrong with me. Guilt says I am sorry for what I've done. Which do you experience or both? How do you recognize which one you are experiencing?

It's okay to be you. You are a work in progress like everyone else. God doesn't call you to be perfect and to get everything right. He just asks we remain in a relationship with Him. What are two action steps you can take today to release, decrease, or eliminate shame?
