

Does God Want To Shame You?

Series: Understanding God Helps You To Understand You.

What is the difference between guilt and shame?

Simple distinction: Guilt focuses on an act you are sorry for committing. You feel bad.

Shame focuses on who you are, that you feel that you are a sorry person. You are bad.

Unresolved shame can lead to feelings of depression, anxiety, and low self-esteem.

First person to feel shame was Adam.

He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.” (Genesis 3:10 NLT)

What Does The Bible Say?

30 Then they sang a hymn and went out to the Mount of Olives.

31 On the way, Jesus told them, “Tonight all of you will desert me. For the Scriptures say,

‘God will strike the Shepherd,

and the sheep of the flock will be scattered.’

32 But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there.”

33 Peter declared, “Even if everyone else deserts you, I will never desert you.”

34 Jesus replied, “I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me.” 35 “No!” Peter insisted. “Even if I have to die with you, I will never deny you!” And all the other disciples vowed the same. (Matthew 26:30–35 NLT)

We all have good intentions.

69 Meanwhile, Peter was sitting outside in the courtyard. A servant girl came over and said to him, “You were one of those with Jesus the Galilean.”

70 But Peter denied it in front of everyone. “I don’t know what you’re talking about,” he said.

71 Later, out by the gate, another servant girl noticed him and said to those standing around, “This man was with Jesus of Nazareth.”

72 Again Peter denied it, this time with an oath. “I don’t even know the man,” he said.

73 A little later some of the other bystanders came over to Peter and said, “You must be one of them; we can tell by your Galilean accent.”

74 Peter swore, “A curse on me if I’m lying—I don’t know the man!” And immediately the rooster crowed.

75 Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly. (Matthew 26:69–75 NLT)

We feel shame when what we do and what we say do not match.

How Can You Obey?

12 "Now come and have some breakfast!" Jesus said. None of the disciples dared to ask him, "Who are you?" They knew it was the Lord. 13 Then Jesus served them the bread and the fish. 14 This was the third time Jesus had appeared to his disciples since he had been raised from the dead.

15 After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," Peter replied, "you know I love you."

"Then feed my lambs," Jesus told him.

16 Jesus repeated the question: “Simon son of John, do you love me?”

“Yes, Lord,” Peter said, “you know I love you.”

“Then take care of my sheep,” Jesus said.

17 A third time he asked him, “Simon son of John, do you love me?”

Peter was hurt that Jesus asked the question a third time. He said, “Lord, you know everything. You know that I love you.”

Jesus said, “Then feed my sheep. (John 21:12–17 NLT)

One way to deal with shame is to focus on God instead of yourself.

Focus on loving God.

Focus on serving others.

22 Jesus replied, “If I want him to remain alive until I return, what is that to you? As for you, follow me.” (John 21:22 NLT)

Focus on following Christ.

Shame has you focusing on yourself, however, when you focus on God, you realize how much He loves you regardless of what you have done.

Remember, your secrets will make you sick.

Additional Notes:

If you would like to use your home to disciple others, check out our training at www.crosswaveschurch.com/host. Cross Waves has produced short videos to train you how to use your home to reach others for Christ. So please check it out.

Notes:

This series is originated from the book, Thurman, C. (2017).
The Lies We Believe About God: Knowing God For Who He
Really Is. Colorado Springs, CO: David C Cook.

Explore:

21:15–17. Earlier Peter had denied Jesus beside a fire (18:18, 25). Now beside another fire he was restored publicly.

Jesus called him Simon Son of John, as He had when He first met Peter (1:42). Jesus asked him, Do you truly love Me more than these? What did Jesus mean by “these”? Jesus probably was referring to the disciples, in light of Peter’s proud statement that he never would fall away no matter what others did (Matt. 26:33, 35; Luke 22:33; John 13:37). Jesus’ threefold question and threefold commission of apostolic mission contrast directly with Peter’s three denials. Three times Peter said he did not even

know the Lord (18:17, 25, 27); now three times he said he loved the Lord (21:15–17). No matter how great a person is, he may fall (cf. 1 Cor. 10:12). But God’s grace and forgiveness will restore the repentant. This provision of grace would be important, for the church would soon face great persecution and even church leaders would waver in their commitments.

Three times Jesus commissioned Peter to care for the flock: Feed My lambs; (v. 15); Take care of My sheep (v. 16); Feed My sheep (v. 17). Some Roman Catholics assume that this asserts Peter’s primacy, but this is foreign to the passage (cf. 1 Peter 5:2). In Jesus’ three questions of love (agapas, agapas, and phileis) and His three commands of duty (boske, “tend”; poimaine, “herd, lead to pasture”; boske) various Greek synonyms are used. Since it is difficult to see any consistent distinctions that John intended, most scholars see these as stylistic variations.

Blum, E. A. (1985). John. In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 2, p. 345). Wheaton, IL: Victor Books.

Explore:

Three “invitations” stand out in John’s Gospel: “Come and see” (John 1:39); “Come and drink” (John 7:37); and “Come and dine” (John 21:12). How loving of Jesus to feed Peter before He dealt with his spiritual needs. He gave Peter opportunity to dry off, get warm, satisfy his hunger, and enjoy personal fellowship. This is a good example for us to follow as we care for God’s people. Certainly the spiritual is more important than the physical, but caring for the physical can prepare the way for spiritual ministry. Our Lord does not so emphasize “the soul” that He neglects the body.

Peter and his Lord had already met privately and no doubt taken care of Peter's sins (Luke 24:34; 1 Cor. 15:5), but since Peter had denied the Lord publicly, it was important that there be a public restoration. Sin should be dealt with only to the extent that it is known. Private sins should be confessed in private, public sins in public. Since Peter had denied his Lord three times, Jesus asked him three personal questions. He also encouraged him by giving a threefold commission that restored Peter to his ministry.

Wiersbe, W. W. (1996). *The Bible exposition commentary* (Vol. 1, p. 397). Wheaton, IL: Victor Books.

Explore:

26:31–35 (Mark 14:27–31; Luke 22:31–38; John 13:36–38). As Jesus and the disciples headed for the Mount of Olives, He reminded them that soon they would all forsake Him. This would be in keeping with the words of Zechariah who prophesied that the Shepherd would be struck down, and the sheep ... scattered (Zech. 13:7). This is one of numerous times Matthew quoted from and alluded to the Book of Zechariah. But Jesus promised victory over death, for He said He would rise from the dead and go ahead of them into Galilee (Matt. 26:32; cf. 28:7). All the disciples were from Galilee and they had ministered with Jews in Galilee.

Whether Peter heard the Lord's words concerning Resurrection cannot be known. But he strongly reacted against the idea that he would forsake Jesus. Peter affirmed he would never deny the Lord, even if all the others did. But Jesus predicted that Peter would deny Him three times that very night before the crowing of the rooster in the early morning. Peter could not believe he

would forsake Jesus; again he affirmed his devotion even if it meant death (26:35). This was the feeling of all the other disciples too; they could not believe they would deny the Lord. They would not betray Him (v. 22), so why would they deny Him?

26:36–46 (Mark 14:32–42; Luke 22:39–46; John 18:1). Jesus then went ... to a place known as Gethsemane, which means “an oil press.” In a field covered with olive trees, oil presses were used to extract oil from the fruit. An olive grove was in that place (John 18:1). There Jesus left His disciples—except for Peter and two of Zebedee’s sons (James and John, Matt. 4:21) who went with Him, and He began to pray. He was experiencing sorrow (*lypeisthai*, “to be grieved or sad to the point of distress”; cf. 14:9; 17:23; 18:31; 19:22) and trouble such as He had never known in His earthly life. He asked the three disciples to stay and keep watch with Him (26:38). In this hour of His greatest

need the Lord wanted those with a sympathetic understanding to be praying with Him.

Separating Himself then from the three, He prayed to His Father, asking that if ... possible ... this cup be taken away from Him.

The “cup” probably referred to His imminent death. He also may have had in mind His coming separation from the Father (27:46) and V 2, p 84 His coming contact with sin as He became sin for mankind (2 Cor. 5:21). A cup, figuratively in the Old Testament, refers to wrath. The significant thing about this prayer, however, was that the Lord submitted His will to the will of His Father (Matt. 26:39).

Barbieri, L. A., Jr. (1985). Matthew. In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 2, pp. 83–84). Wheaton, IL: Victor Books.

Explore:

Jesus' surrender accomplished (vv. 36–46). He left eight of the disciples at the entrance to the Garden, while He and Peter, James, and John went further into the Garden. This was the third time He had taken these three men with Him. They were with Him on the Mount of Transfiguration (Matt. 17:1ff) and in the home of Jairus where He raised Jairus' daughter from the dead (Luke 8:49ff). He wanted them to watch and pray. He was entering into a difficult time, and the presence of His disciples would be an encouragement to Him.

We must not think that it was the fear of death that made our Lord so agonize in the Garden. He did not fear death, but faced it with courage and peace. He was about to “drink the cup” that His Father had prepared for Him, and this meant bearing on His body the sins of the world (John 18:11; 1 Peter 2:24). Many

godly people have been arrested, beaten, and slain because of their faith. But only Jesus experienced being made sin and a curse for mankind (2 Cor. 5:21; Gal. 3:13). The Father has never forsaken any of His own, yet He forsook His Son (Matt. 27:46). This was the cup that Jesus willingly drank for us.

Jesus was not wrestling with God's will or resisting God's will. He was yielding Himself to God's will. As perfect Man, He felt the awful burden of sin, and His holy soul was repelled by it. Yet as the Son of God, He knew that this was His mission in the world. The mystery of His humanity and deity is seen vividly in this scene.

Peter and his fellow disciples had promised to be faithful to death, and yet they went to sleep! They needed to pray for themselves, because danger was around the corner. And how much it would have meant to their Lord if they had watched and prayed with Him. They had failed, but their Lord had succeeded.

Wiersbe, W. W. (1996). The Bible exposition commentary (Vol. 1, p. 97). Wheaton, IL: Victor Books.

Question 1 of 5

Where do you stand on the creation story? Did God create the world in six days or over billions of years? Please explain your answer.

Question 2 of 5

Which of the four reasons that Pastor Tim gave on why Genesis 1 uses 24 hour literal days is the strongest argument to you for a creation week? (Context of passage; the Ten Commandments, what Jesus said; how did plants survive without sunlight or insects?)

Question 3 of 5

What experiences have you had in life that left you struggling with a sense that you are unworthy of love, that it is your fault when others treat you badly, and that it is not okay to be a human being who makes mistakes?

Question 4 of 5

What are some ways people have self-destructively coped with feelings of shame?

Question 5 of 5

What does it mean to you that God made you in His image?

How does this help you realize that you are important to Him?