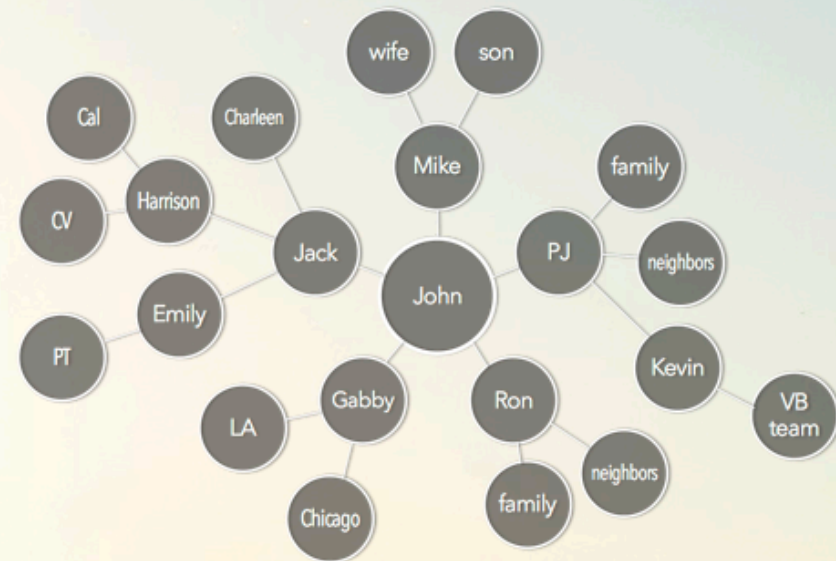
A woman in a white dress is captured in a dynamic, joyful leap across a grassy field. She is silhouetted against a bright, golden sunset sky, with her arms and legs fully extended. The background features rolling hills and mountains under a clear, warm sky. The overall mood is one of freedom, happiness, and inner strength.

Strengthening Your Soul

facing life with courage from the inside out

Strengthening Your Soul

facing life with courage from the inside out



Equipping Pasadena to Reach Pasadena and BEYOND for the Gospel

Saturday, May 20 • 9:00AM-5:00PM

In Epicentre's HOPE Room

\$10 Covers Lunch & Materials

Register online at epicentrechurch.org/rdla



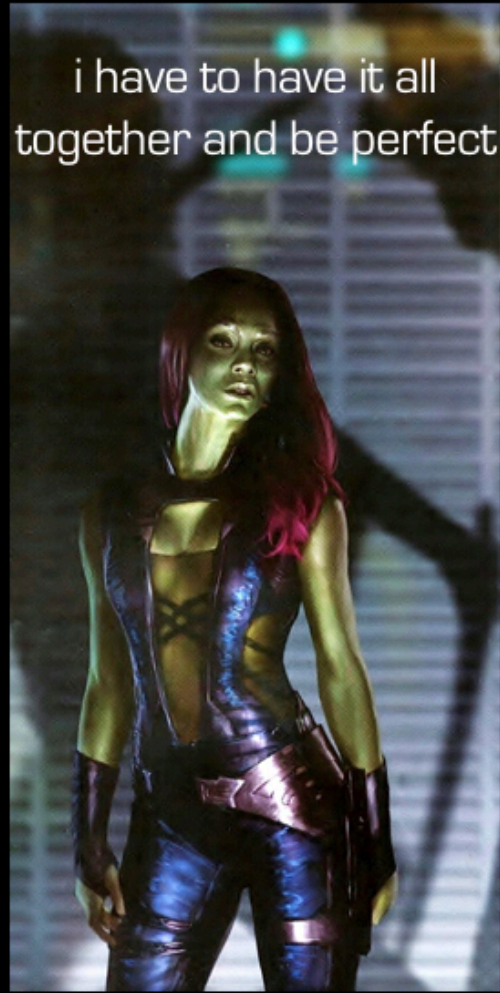
Fear, Courage and Shame

I need courage to step into the arena and face my fears

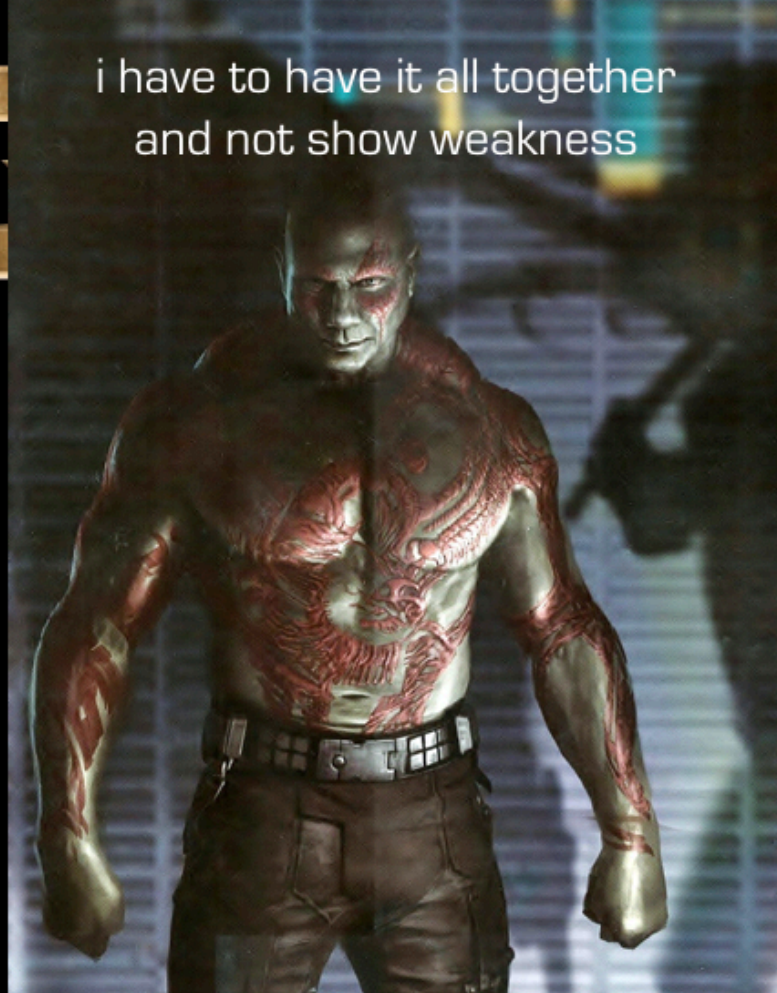


GUARDIANS
OF THE ARENA

i have to have it all together and be perfect



i have to have it all together and not show weakness



i have to perform and measure up to people's expectations



i can't get swallowed up by fear and hopelessness



Fear, Courage and Shame

I need courage to step into the arena and face my fears

Shame-based minifigs



Fear, Courage and Shame

Shame-based mini-figs traffic in fear

i don't want
people to not like
me



i don't want
people to know
what i've done



i don't want
people to know
i've failed



i've got to be
tough



Fear, Courage and Shame

Shame-based mini-figs traffic in fear

“they won’t approve of me”

“they won’t think I’m the great person I want to be”

“they won’t trust me”

“they won’t like me”

“they won’t respect me”

Fear, Courage and Shame

Shame: the deep fear of being inadequate

The deep question of shame is a question of worth: am I worth being loved and respected?

The operating system of shame is outside-in:
getting my worth from others

Shame is the deep fear of being inadequate

worth
conditions

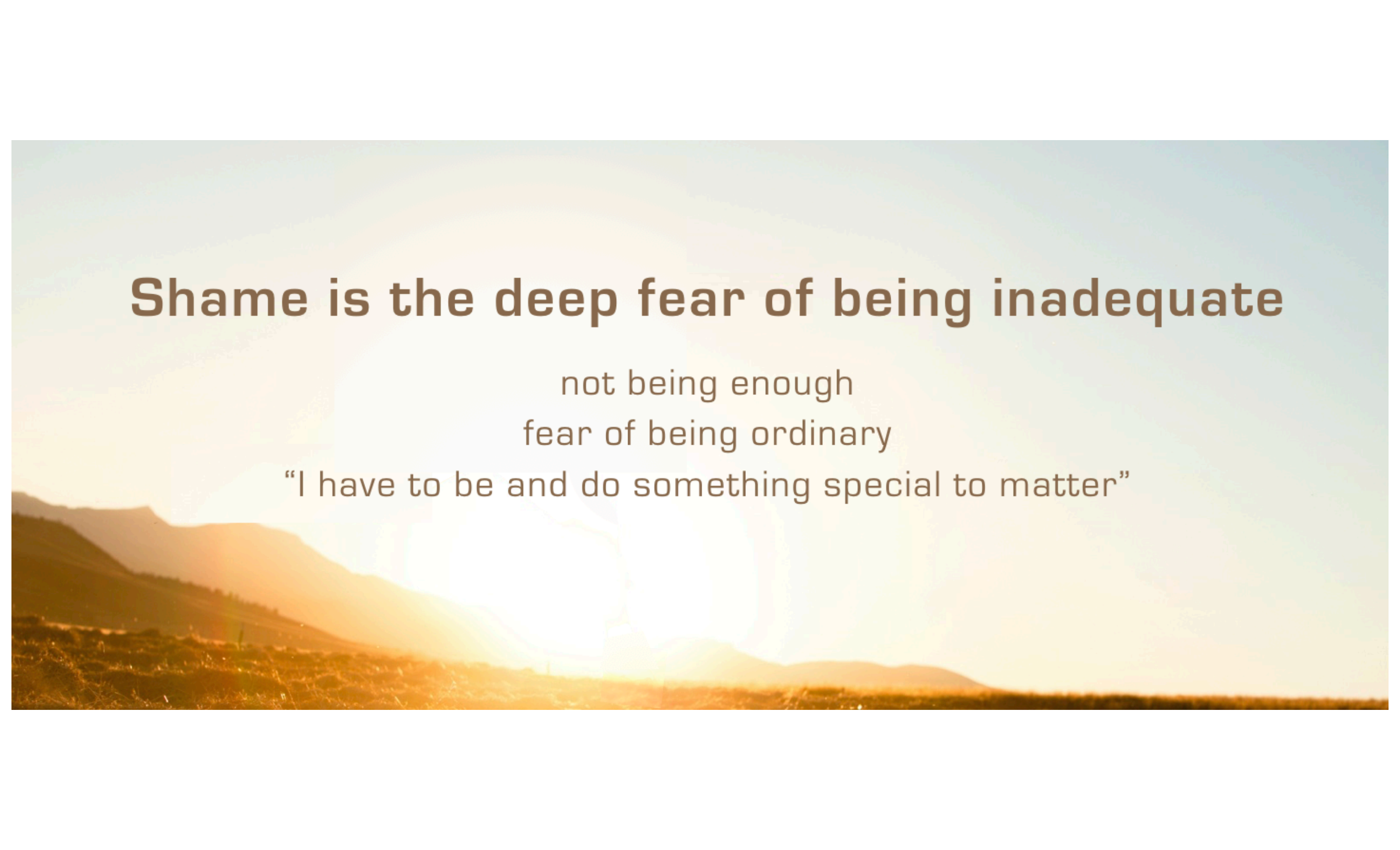
chronic
sense of
scarcity

comparison

perfectionism

need for
respect

control



Shame is the deep fear of being inadequate

not being enough
fear of being ordinary

“I have to be and do something special to matter”

A landscape photograph of a field with mountains in the background under a bright, hazy sky. A faint world map is overlaid on the image. The text is centered on the map.

**The deep question
of shame:**

**Am I worthy of
being loved and
respected?**

**The deep question
of shame:**

**Am I worthy of
being loved and
respected?**

conditional
love

conditional
respect

The deep question
of shame:

Am I worthy of
being loved and
respected?

CONFORM!

conditional
love

conditional
respect

**The operating system of shame is outside-in:
getting my worth from others**

“what someone
else thinks of me is
of ultimate
importance”

a
hollow
core

The operating system of shame is outside-in: getting my worth from others

- move towards people** bending towards other get self-worth
- move away from people** isolating and shutting down
- move against people** being aggressive or passive-aggressive
- using people** trying to gain our sense of worth by using others to achieve

a
hollow
core

GodWorth

The Bible's answer to shame and lack of worth

Genesis 2: 25 Now the man and his wife were both naked, but they felt no shame.

Adam and Eve sin

Gen 3.7 At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

Sin cuts us off from God because of:

GUILT - our sins make us unholy so we **cannot be** in relationship with God.

SHAME - we know we are not worthy to stand before Him.

GodWorth

The Bible's answer to shame and lack of worth

I have
GodWorth
because I am
his son or
daughter

John 1:12-13 But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.

Romans 8: 15-16. So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children.

GodWorth

The Bible's answer to shame and lack of worth

Jesus' death on the cross restores my relationship with God by cleansing us of our sin - Romans 5:8

Jesus took away the source of ultimate shame on the cross

Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

I have
GodWorth
because
Jesus died for
my sin and
shame

GodWorth

The Bible's answer to shame and lack of worth

Worth-based operating system:

I have **GodWorth** because I am his son or daughter

I have **GodWorth** because I am your son/daughter and have your DNA"

"I have **GodWorth** because you deemed me worthy to die"

"I have **GodWorth** because You took away the ultimate source of my shame on the cross"

I have **GodWorth** because Jesus died for my sin and shame

Think Speak Meditate Worship

Inscribe

I have **GodWorth**
because I am
his son or
daughter

I have **GodWorth**
because I am your
son/daughter and
have your DNA”

“I have **GodWorth**
because you deemed
me worthy to die”

“I have **GodWorth**
because You took
away the ultimate
source of my shame on
the cross”

I have
GodWorth
because
Jesus died for
my sin and
shame



My Response

God, change
out my
operating
system from
shame-based to
GodWorth

Jesus, take away
my shame

God, help me
my heart with
your **GodWorth**

Jesus, cleanse
me from my sin