



“Shame”

- Shame is a soul \_\_\_\_\_, identity \_\_\_\_\_ emotion.
  - Guilt is ... I \_\_\_\_\_ bad.
  - Shame is ... I \_\_\_\_\_ bad.
- With shame, we connect \_\_\_\_\_ we did with \_\_\_\_\_ we are.

SHAME BASED THINKING

“3Things”

1. We are vulnerable to \_\_\_\_\_.
2. We are \_\_\_\_\_ of ourselves making us \_\_\_\_\_ of others.
3. We use \_\_\_\_\_ thoughts as a form of protection and escape.
  - o We focus on the \_\_\_\_\_ possible outcome.

Isaiah 54:4

“Fear not, you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth.”

— So how do we live like that?

1 John 1:9

“If we confess our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

It can be very difficult to overcome shame because after a while... it becomes part of our \_\_\_\_\_.

Old Testament Example

- In the Old Testament, God's people were slaves for over \_\_\_\_\_ years to the Egyptians.
  - Moses was used by God to free God's people.
  - Although they had been freed \_\_\_\_\_... \_\_\_\_\_ they were still in slavery and bondage.

So Here's What Can Happen

- ✓ You're still believing you are \_\_\_\_\_ that God says you are \_\_\_\_\_.
  - o I am not \_\_\_\_\_.
  - o I am \_\_\_\_\_.

So What's the Solution?

- ✓ The only way to heal from shame is to move the \_\_\_\_\_ from what I'm not to who \_\_\_\_\_ is.

Two Sentences You Need to Fill In

- I am not \_\_\_\_\_.
- Because of Christ I am \_\_\_\_\_.

Joshua 5:9

“Then the Lord said to Joshua, “Today, I have rolled away the shame of your slavery in Egypt.”

Embrace This...

- You are not \_\_\_\_\_ you did in the \_\_\_\_\_.
- You are not what \_\_\_\_\_ say you are.
- You are not who \_\_\_\_\_ you are.
- You are not what \_\_\_\_\_ to you.

Regardless of \_\_\_\_\_ you did, it is no longer \_\_\_\_\_ you are.



### “Shame”

- Shame is a soul crushing, identity warping emotion.
  - Guilt is ... I did bad.
  - Shame is ... I am bad.
- With shame, we connect what we did with who we are.

### SHAME BASED THINKING

#### “3Things”

1. We are vulnerable to perfectionism.
2. We are critical of ourselves making us critical of others.
3. We use self – defeating thoughts as a form of protection and escape.
  - o We focus on the worst possible outcome.

#### Isaiah 54:4

“Fear not, you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth.”

— So how do we live like that?

#### 1 John 1:9

“If we confess our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

It can be very difficult to overcome shame because after a while... it becomes part of our identity.

### Old Testament Example

- In the Old Testament, God’s people were slaves for over 400 years to the Egyptians.
  - Moses was used by God to free God’s people.
  - Although they had been freed outwardly ... inwardly they were still in slavery and bondage.

### So Here’s What Can Happen

- ✓ You’re still believing you are something that God says you are not.
  - o I am not enough.
  - o I am inadequate.

### So What’s the Solution?

- ✓ The only way to heal from shame is to move the focus from what I’m not to who Christ is.

### Two Sentences You Need to Fill In

- I am not \_\_\_\_\_.
- Because of Christ I am \_\_\_\_\_.

#### Joshua 5:9

“Then the Lord said to Joshua, “Today, I have rolled away the shame of your slavery in Egypt.”

### Embrace This...

- You are not what you did in the past.
- You are not what others say you are.
- You are not who you think you are.
- You are not what somebody did to you.

Regardless of what you did, it is no longer who you are.