



SHAME:

# SHAME:

- (Ken's friend Bruce, BR incident)
- "I took my fear, I took my shame and I turned it into rage and steamrolled over everything in front of me," a man from Brene Brown's book
- What is shame?

# SHAME:

- What is shame?
- There is a difference between 'healthy shame' and 'toxic shame.' Healthy shame is about behavior; we feel bad about what we did (guilt), and we own it and repent. (1 Cor 15:34 – stop sinning . . . I say this to your shame) (2 Cor 7 – healthy shame or guilt ought to lead to Godly sorrow)

# SHAME:

- 1 John 4:16-18, “God is love. Whoever lives in love lives in God, and God in him. In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.”

# SHAME:

- 1 John 4 & 1 John 1 – to break shame we have to stand in the light with God, under the umbrella of his love, without judgment.

# SHAME:

- What is shame?
- Toxic shame is when we feel bad about who we are. We are not lovable, we are irreparable, we are worthless, we don't have what it takes. This shame leaves us feeling afraid – afraid that we will not belong, we will not be accepted, afraid that we will be judged, tried and found wanting. If people really knew me, they would not love/accept me.

# SHAME:

- How do we break shame?
- First, we have to identify shame & it's manifestations. 1 John 1:5f, "God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin."

# SHAME:

- How do we break shame?
- First, we have to identify shame & it's manifestations (1 John 1) (Manifestations – addiction, eating disorders, perfectionism, judgment, anger, violence, depression, self-hatred, control, posture toward people – people pleasing, withdrawal, power)



# SHAME:

- How do we break shame?
- First, we have to identify shame & it's manifestations (1 John 1)
- Shame is fostered in secrecy, silence, and judgment. We will come back to this statement again. But, if we ignore or deny shame, it only grows in power.

# SHAME:

- Second, if we are going to break shame we need to deal with its roots. What are the roots of shame? (Mt 12:34, “For out of the overflow of the heart the mouth speaks.”)
- Shame is rooted in things that are done to us, and things that we have done. (abuse – physical, sexual, emotional, spiritual; bullying; neglect; addicted parents, sin; failure) (SSCC departure)

# SHAME:

- Second, if we are going to break shame we need to deal with its roots. (Mt 12:34)
- Shame is fostered in secrecy, silence, and judgment. (secrecy – things we've done or that have been done to us that we hide) (silence – not admitting shame & bringing it and its roots into the light) (judgment – from others, self – monitor self-talk)

# SHAME:

- Second, if we are going to break shame we need to deal with its roots. (Mt 12:34)
- Shame is fostered in secrecy, silence, and judgment. (roots – angry Dad, separation anxiety, childhood bullying – new school) (heal the roots) When we have roots of shame, and the current circumstances of our life feed our shame – symptoms will manifest.

# SHAME:

- Third, if we are going to overcome shame we need to renew our minds. Romans 12:2, “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”
- Shame is an identity issue. Guilt is about our behavior. Shame is about our identity.

# SHAME:

- Third, if we are going to overcome shame we need to renew our minds. Romans 12:2
- Shame is an identity issue. (Bring it into the light with yourself, God & others – empathy. Have to name it) (grows in judgment – humanly – walk in the light with empathetic people) (1 John 1)

# SHAME:

- Third, if we are going to overcome shame we need to renew our minds. (Romans 12:2)
- Shame is an identity issue. Shame is fostered in secrecy, silence, and judgment. (identity issue. HOLD ON – John 8:32, “If you hold to my teaching, you are really my disciples, then you will know the truth, and the truth will set you free.”) (e.g., abuse, sin, self-talk, judgment)

# SHAME:

- Third, if we are going to overcome shame we need to renew our minds. (Romans 12:2)
- We need to HOLD on to the love of the Father. (perfect love drives out fear – 1 John 4) Romans 8:15f, “For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, ‘Abba, Father.’ The Spirit himself testifies with our spirit that we are God’s children.”



# SHAME:

- Third, if we are going to overcome shame we need to renew our minds. (Romans 12:2)
- We need the revelation of the Father's love through the Spirit. This adoptive love, this perfect love, breaks off fear, judgment & shame. (seek Him)