

Shame
From Darkness to Light

1

Why shame?

2

“Shame is the deep sense that you are unacceptable because of something you did, something done to you, or something associated with you.” - Ed Welch, Shame Interrupted

“Felt sense that I do not have what it takes to tolerate this moment or circumstance.” - Curt Thompson, The Soul of Shame

3

“We cannot speak of shame without speaking of creation and God’s intention for it.”
- Curt Thompson, *The Soul of Shame*

If there wasn’t a purpose - the whole concept of brokenness wouldn’t make sense

4

My personal story with shame

5

What things do you keep private?
What things are you willing to lie about - to keep the reality hidden from others?

6

Signs of shame

- Hiding
- Covering up
- Self-protection
- Feeling exposed

7

Narratives of shame

- I'm afraid to be seen, to be known by God and others
- I'm afraid because of
 - What I have done
 - What's been done to me
 - Who I am associated with
- Unworthiness

8

"The character of God is the basis for our connection with him, not our intrinsic worth. Self-worth, or anything we think would make us acceptable to God, would suit our pride but it has the disturbing side-effect of making the cross of Jesus Christ less valuable. If we have worth in ourselves, there is no reason to connect to the infinite worth of Jesus and receive what he has done for us." - Ed Welch, *Shame Interrupted*

9

I sought the LORD, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed.

Psalm 34:4-5

10

Because the Sovereign LORD helps me; I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame.

He who vindicates me is near. Who then will bring charges against me? Let us face each other! Who is my accuser? Let him confront me!

It is the Sovereign LORD who helps me. Who will condemn me? They will all wear out like a garment; the moths will eat them up.

Who among you fears the LORD and obeys the word of his servant? Let the one who walks in the dark, who has no light, trust in the name of the LORD and rely on their God.

Isaiah 50:7-10

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Thought #1

Freedom from shame will not be found from inside of us, but from being vindicated from Someone outside of us

“Those who look to him”

“Who fears the Lord and obeys...”

“Trust in the name of the Lord and rely on their God.”

12

But you, O Lord, are a shield about me, my glory, and the lifter of my head.
Psalm 3:3

13

When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.
Matthew 9:36

14

Thought #2
Our God is full of kindness toward those who feel shame, overlooked, lost
“A shield...my glory...the lifter of my head.”
“When he saw the crowds, he had compassion...”

15

Leaving the darkness behind

If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out 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.

1 John 1:6-7

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Vulnerability

Being confident that we are fully known by One who fully loves us -

frees us to be open about our suffering, our weaknesses, and our sin

17

There is therefore now no condemnation for those who are in Christ Jesus.

Romans 8:1

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

18

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:14-16

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Gospel Truths that Bring us Hope

Freedom from shame comes through Christ

Christ is kind toward those feel shame

We are fully seen, fully known, fully loved

Jesus bore our shame on our behalf

We have a high priest that empathizes with us in weakness

20

Rewriting the Narrative

Identify the presence of shame and name it

Shift attention away from shame toward God and your part in his story

Replace the lies with truth about who God is, truth about who you are, and truth about the world we live in

21

“Casey”

- Abusive relationship in young adulthood
- Rape

Narratives of shame

- I'm a failure
- I'm broken
- No one can know this about me
- It's all my fault
- People do (or would) think it is my fault

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Counseling Work

- Sharing her story
- Identifying shame and the narratives of shame
- Identifying how those narratives shape her experiences presently
- Identifying truth about God, herself, and the world
- Sharing the burden of her experience with other safe people that can help her navigate it in the present

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Truth about God

24

Truth about Self

25

Truth About the World

26
