

HOW TO BE FREE FROM SHAME

Isaiah 61:7, NASB – “Instead of their shame my people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs.”

1. Abide In Christ

1 John 2:28, NASB – “And now, little children, abide in Him, so that when He appears, we may have confidence and not shrink away from Him in shame at His coming.”

- We say, “Work FOR Jesus” and everything will be okay
- John says, “Abide IN Jesus” and everything will be okay

2. Allow Jesus To Come To You Daily

- Jesus wants to come to you ... not to condemn you, but to wash you, and cleanse you, and heal you, and bind up your wounds

3. Realize Who’s Servant You Are

Romans 14:1,3-4, NASB – “(1) Now accept the one who is weak in faith, but not for the purpose of passing judgment on his opinions. ... (3) ... for God has accepted him. (4) Who are you to judge the servant of another? To his own master he stands or falls; and stand he will, for the Lord is able to make him stand.”

- If you are the Lord’s servant, you are no longer your own master, so you no longer have the opportunity or the right, to judge yourself
- Shame causes you to stand in rebellion against God’s opinion of who you are
- When you judge yourself negatively, you are standing in rebellion to God Himself

4. Make A Fresh Covenant With The Lord Today

- Today, God wants you to repent in areas where you have judged his servant, which is you, and you need to release yourself from those judgements

1 Corinthians 11:23-25, NIV – “... he broke it and said, ‘This is my body, which is for you; do this in remembrance of me.’ (25) In the same way, after supper he took the cup, saying, ‘This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.’”

FREEDOM FROM SHAME # 4 – Getting Free From Shame

David Hibbert – October 12, 2003

REVIEW

1. Guilt Versus Shame

- Guilt is a feeling that says, “I made a mistake; I did something wrong”
- Shame is a feeling that says, “I am a mistake, I am something wrong”
- Guilt is a feeling of wrongness of action – “I did something wrong – I made a mistake”
- Shame is a feeling of wrongness of being – “I am something wrong – I am a mistake”
- Shame is a life-controlling feeling on the inside, that governs what we do, and how we act, and how we relate to other people and to the Lord

2. Shame Results In Veils Over Our Hearts

2 Corinthians 3:14-15, NIV – “(14) But their minds were made dull [hardened], for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. (15) Even to this day when Moses is read, a veil covers their hearts.”

3. Shame Causes Us To Shrink Away From The Lord

1 John 2:28, NASB – “(28) And now, little children, abide in Him, so that when He appears, we may have confidence and not shrink away from Him in shame at His coming.”

4. The Solution To Shame Is Turning To The Lord

2 Corinthians 3:16-17, NIV – “(16) But whenever anyone turns to the Lord, the veil is taken away.” (17) Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

5. Only When Veils Are Removed, Can Transformation Truly Take Place

2 Corinthians 3:18, NIV – “(18) And we, who with unveiled faces all [behold and] reflect the Lord’s glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

6. To Become Unveiled, We Must Refuse To Hide or Pretend, or Misuse God’s Word Any Longer

2 Corinthians 4:2, NASB – “(2) *but we have renounced the things hidden* [veiled, covered up, hidden by deception] *because of shame, not walking in craftiness* [cleverness, trickery, deception] *or adulterating* [acting deceptively using or distorting] *the word of God, but by the manifestation of truth commending ourselves to every man’s conscience in the sight of God.”*

FIVE THINGS SHAME DOES

1. Shame Tells Us That Those We Are In Relationship With Are Always Right

Therefore, if they do evil or wrong to me, it must be because there’s something wrong in me

2. Shame Causes Us To Misinterpret Our Experiences

Because of shame, we believe that everything we get, we deserve

3. Shame Causes Us To Distrust Our Own Perceptions Of Ourselves

Shame puts a feeling inside, that it’s not okay to be who I am, and who I am is not okay, therefore, anything I perceive must be wrong

4. Shame Binds Up The Emotions And Causes Them To Be Stuffed Down On The Inside

Shame says its not right to feel what you feel – what you feel is not right

5. Shame Produces A Life-Long Fear Of Rejection And Abandonment

TEN LIES THAT KEEP SHAME ON THE INSIDE

1. You Must Always Be “Good”

But “good” is a code word, that means “perfect”.
 Most often, when we ask our kids to be “good”, it’s not for their sake, it’s for our sake, so that we can look good

2. You Must Never Inconvenience Anyone

3. You Must Never Be Selfish

When our children hear us say, “you must never be selfish”, they think, “Don’t ever have a legitimate need”

4. You Must Never Embarrass Or Disappoint Your Parents, Other People, Your Church

You must never have a need, you must never fail, you must always be completely in control, you must always make your parents look good

5. You Must Do Everything Perfectly The First Time Without Ever Being Taught Or Practicing

We feel full of shame, every time we realize we don’t know how to do something, but we’re afraid to ask for help, because they might laugh at us

6. You Must Only Let Other People See What’s Practiced And Looks Good

Don’t let anyone see that you’re in the process of learning and practicing something

7. You Must Never Have A Critical Thought Of Other People

Don’t ever think or say that anything is wrong, because then you’re being critical
 Always pretend that everything is right, especially everything your parents do

8. You Must Never Lose

Stay in control, of every conversation, every situation, so you never lose to someone else

9. You Must Thrive On Insecurity And Chaos And Stress

You must always accept your parent’s erratic behaviour as normal

10. Never Remember Anything Except The Happy Times

If you remember them, you’re just being ungrateful, you’re just being critical