

## 7. Don't Trust Anyone

- "Don't trust anyone - stay self sufficient"
- "You can't trust relationships – relationships are always erratic and unreliable, so don't work on them"
- "It's just Jesus and me – I don't need anyone else"

## SHAME AND PRIDE

- Shame will always eventually result in pride
- Pride will manifest itself in 1 of 2 ways:
  - a) External pride = arrogance
    - "I don't need your help, there's nothing wrong with me, you're the problem, I did not make a mistake, I know how to do it, I can fix things without your help"
  - b) Or Internal pride = self-pity
    - "If you would just leave me alone I'd be okay, all my problems are because of other people, I'd do better if people would just give me a chance, no one likes me and that's why I have no friends, everyone is judging me and is out to get me"

## FREEDOM FROM FAMILY-SHAME

### 1. Forgive Your Parents

John 20:23, NRSV – “If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

- If you do not forgive your parents, their shame will be retained in your life, and in that of your children.

### 2. Break The Generational Curse

Matthew 18:18, NIV – “I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

- Use your authority to break the generational curse, that has kept shame bound in your family

### 3. Refuse To Allow Shame-Based Rules To Operate In Your Family

2 Corinthians 4:2, NIV – “Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to every man's conscience in the sight of God.”

## FREEDOM FROM SHAME

### # 2 – Healing The Shame-Based Family

David Hibbert – September 28, 2003

#### REVIEW

#### Guilt and Shame

1 John 2:27-28, NASB – “(27) And as for you, the anointing which you received from Him abides in you ...and just as it has taught you, you abide in Him. (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.”

- 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”

Ezra 9:6, NIV – “O my God, I am too ashamed and disgraced to lift up my face to you, my God”

#### How Shame Comes Upon Us

- Shame comes when someone in a place of authority or influence imputes to you, a wrongness of being, for something beyond your control

#### The Main Sources Of Shame

1. Parents
2. Teachers
3. Churches
4. Expectations Of People In General
5. Hurtful Experiences
6. Compulsive Habits Can Impute Shame

#### HOW SHAME COMES INTO A FAMILY

##### 1. Through Our Family Rules

- Every family has rules – unwritten rules – why which a family operates. Many family rules impute shame, and they result in a shame-based family

##### 2. We Teach Identity Through Our Actions

- a) Our Actions Teach Our Children
  - When parents convey to you, that there is something wrong with you, then you believe it, and shame comes into you
- b) Erratic Experiences Impute Shame
  - If children can't see a valid reason for their parent's actions and reactions against them, they interpret their actions as a statement about their own identity
- c) Our Parents Give Us Our Understanding Of God
- d) Distorted "Fear Of The Lord"
  - "Fear of the Lord" is true humility
  - Shame is a perverted humility, it's the devil's counterfeit

### **SEVEN FAMILY RULES THAT IMPUTE SHAME**

#### **1. Always Remain In Control**

- a) Behaviour    b) Feelings    c) Thoughts
  - What we think, influences how we feel, and how we feel, influences what we do.
  - In the shame-based family, because our thoughts are controlled by shame, we'll never be able to live up to those rules.
  - The rules will simply impute more shame into our lives when we fail.

#### **2. Always Be Right And Do It Right**

- "Make sure you're never wrong"
- "If you do make mistakes, don't admit you've made a mistake"
- "Never apologize for making a mistake, because that's a sign of weakness"
- And "shame on you, if you show any weakness"
- This leads to Perfectionism

#### **3. Blame Someone When Things Get Out Of Control**

- When rule 1 and rule 2 don't work – blame someone
- Kids grow up, being held responsible for parent's failures

#### **4. Deny That Anything Is Going On, On The Inside**

- "Pretend that there isn't anything wrong, in your life, in my life"
- "Deny your children the right to perceive, feel, need, think, or believe"
- a) Don't perceive anything
  - "Your perceptions is wrong – you don't really understand what is happening in this family"
- b) Don't feel anything
  - "Your feelings are wrong – you shouldn't feel that way"
- c) Don't need anything
  - "Your needs are wrong, so don't ask for anything"
  - "You've got to be self-sufficient, because if you aren't, you won't be in control, and you'll shame your parents by letting people think they aren't adequately providing for you"
  - In a shame-based family, the most wounding times in your life, were when you were the neediest.
  - You have an inability to receive from others – whether it be gifts, or compliments, or encouragement, or even just love
- d) Don't think anything
  - "Your thoughts are wrong, so don't think anything"
  - "You're just a child, and so you can't think objectively"
- e) Don't believe anything
  - "Your dreams are wrong, so don't have any dreams"
  - "Don't have any dreams or visions – they'll never happen anyway, and so you'll just feel disappointed"

#### **5. Establish A Lifestyle Of Denial**

- "Don't talk about what happens in this family, in your life"
- "Hide your problems, and always maintain secrecy"

#### **6. Don't Acknowledge Your Mistakes Or Make Yourself Vulnerable**

- "It's shameful to admit you made a mistake, because if you did something wrong, there's something wrong with you – or even worse, it means we weren't good parents, and so there was something wrong with us"