

FREEDOM FROM SHAME

1 – Understanding Shame

David Hibbert – September 21, 2003

12. Resistive Compulsive Habit Or Sin
13. Feel That If You Don't Succeed, You Won't Be Loved
14. A Need To Isolate
15. A Need To Be Self-Sufficient
16. Can't Receive From Others
17. A Fear Of Being Rejected
18. Driven To Give And Work (Performance Oriented)
19. Fearful To Participate In A Small Group
20. Don't Feel Chosen Or Wanted

HOW SHAME BEGINS TO GET RELEASED

1. Begin To Acknowledge To God What You Have Experienced

Jeremiah 31:19, NIV – *“After I strayed, I repented; after I came to understand, I beat my breast. I was ashamed and humiliated because I bore the disgrace of my youth.”*

- “Revealing your feeling is the beginning of healing”

2. Admit That There Is Nothing You Can Do, To Break The Shame

3. Understand That Jesus Took Your Shame Upon Himself

- Only the blood of Jesus can exchange our shame for His glory
- Jesus came to take your shame on himself, so you might be released from shame

4. Exchange Your Shame For Jesus' Glory

- The cross doesn't cover, it exchanges
- Jesus wants to exchange your garbage for His glory

Isaiah 61:7, NIV – *“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.”*

WE HAVE A DESTINY

1. We Must Remove All Obstacles To Reach Our Destiny

Isaiah 57:13-18, NIV – *“(13) ... the man who makes Me his refuge will inherit the land and possess my holy mountain. (14) And it will be said: ‘Build up, build up, prepare the road! Remove the obstacles out of the way of my people.’ (15) For this is what the high and lofty One says – He who lives forever, whose name is holy: ‘I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite. ... (18) I have seen his ways, but I will heal him; I will guide him and restore comfort to him.’”*

2. Shame Is A Major Obstacle To Our Destiny

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 DEFINED

- Jesus didn't die to take away the oil light, He died to fill you up with oil, so oil light won't come on
- Guilt is a feeling that says, “I made a mistake; I did something wrong”

1 Corinthians 4:14, NIV – *“I am not writing this to shame you, but to warn you, as my dear children.”*

SHAME DEFINED

- 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 usually starts in infancy – it can even come while in the womb

Jeremiah 31:19, NIV – “... I was ashamed and humiliated because I bore the disgrace of my youth.”

- We say, “Shame on you!”, but God says, “Shame off you!”
- 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 Can Impute Shame
2. Teachers Can Impute Shame
3. Churches Can Impute Shame
4. Expectations Of People Can Impute Shame

- God wants to teach us how to deal with sin and failure, without shaming people – He wants us to learn how to work through the guilt that comes with wrongness of action, without being shamed into feeling wrongness of being

5. Hurtful Experiences Can Impute Shame

- a) Sexual Abuse – Molestation, Incest, Etc.
- b) Physical Abuse
- c) Embarrassing Experiences
 - Psalm 25:2, NIV – “... Do not let me be put to shame, [do not] let my enemies triumph over me.”
- d) Abandonment
- e) Critical People Close To You

- f) Personal Failure
 - Psalm 44:15, NIV – “My disgrace is before me all day long, and my face is covered with shame.”

6. Habits Can Impute Shame

Hebrews 4:9-10, NIV – “(9) There remains, then, a Sabbath-rest for the people of God; (10) for anyone who enters God’s rest also rests from his own work, just as God did from his.”

- When shame comes, it pushes your soul out of the rest, out of the peace of God – so you seek to “do” something, to move your soul back into peace
- So our flesh comes to our soul and says, “feed me!”
 - Galatians 5:24, NASB – “Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

THE FRUITLESSNESS OF ACTIONS TO OVERCOME SHAME

- Because shame isn’t attached to an action, you can’t purge it through another action

HOW TO TELL SHAME IS ON YOU

1. A Feeling Of Not Belonging
2. A Feeling Of Not Being Good Enough
3. A Fear Of Expressing Emotions
4. Not In Touch With Your Feelings
5. A Feeling That Your Feelings Are Wrong
6. Difficulty Saying “No” To People
7. A Fear Of Failing
 - a) Overwhelming drive to succeed
 - b) Refusal to attempt anything
8. A Fear Of Trying New Things
9. Fear Of Being In A Public Place Without Your Appearance Being Perfect
10. You Experience A Lot Of Anger Or Rage
11. Constant Depression