

“SOULed OUT”
Session 7: The Power of Human Shame
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INTRODUCTION

“They felt no shame” – Genesis 2:25 aspects of nakedness, openness, transparency, communication and fellowship.

It is linked where we put our trust: The tree of knowledge of good and evil or God?

Satan accused God of withholding knowledge from humans. This is partly true, but Satan never told humans the cost.

Guilt: I have done wrong

Shame: I am wrong/something is wrong with me.

Inner conviction: related to guilt

Inner condemnation: linked with shame, the sensitive areas of our lives

I. Where does shame arise?

- Feeling of inadequacy or imperfection
- Shame is the exposure of what we see as our inner ugliness or deficiency
- Shame based messages make us feel a sense of disgrace.

Consider this:

Shame is not primarily an experience of feeling bad or deficient as it is the exposure of a foolish trust in the flesh instead of God.

Living by the flesh: Basing our self image on achievements and performance. Putting our trust in things other than God.

Who am I and how do I typically identify it?

- Who I know – family, influences, friends
- What I do – career, hobbies, interests
- What I've done – accomplishments or failures, sins producing guilt
- What has been done to me – wounds to self

Q: How can these can lead to shame?

Psalm 97:7

All who worship images are put to shame.

Isaiah 42:17

Those who trust in idols, who say to images, 'You are our gods,' will be turned back in utter shame.

If we base our identity on our attainments, circumstances, and outward life we are setting ourselves up to be shamed.

What happens when we become follower of Jesus?

Jesus said: *The Spirit gives life; the flesh counts for nothing.* John 6:63 (NIV)

STOP Seeing ourselves based on our reputation, values of the world, the experiences we have count for nothing. Even our compulsions and failings. They do not define us any longer. Something else now defines us – the Spirit.

"We have stopped evaluating others from a human (flesh) point of view... This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Corinthians 5:16-17 (NLT)

An essential question to ask of ourselves:

Do we have "flesh-based" or "faith-based" identities?

II. Signposts of Shame:

A. Absorption with self

Ps 44:13-16

You have made us a reproach to our neighbors, the scorn and derision of those around us. You have made us a byword among the nations; the peoples shake their heads at us. My disgrace is before me all day long, and my face is covered with shame at the taunts of those who reproach and revile me, because of the enemy, who is bent on revenge.

Isaiah 29:22

Therefore this is what the LORD, who redeemed Abraham, says to the house of Jacob: "No longer will Jacob be ashamed; no longer will their faces grow pale."

Shame is like the blood rushing out of your body. Like you died...

To be covered in shame is to feel the self engulfed in something disgusting or hideous.

B. Hiding: flight from exposure...

Escape only intensifies the terror. It only increases the shame.

C. Violence against self and others - Blame

It lashes out to destroy the self and blind the observer.

D. Shame perpetuates itself

III. Biblical Definitions of Shame

- Shame arises because I trust in idols, and feel foolish when my idol topples.
- Shame is the experience of being exposed as a fool.
- Shame arises when we ascribe glory and honor to something other than God.

Psalm 4:2

How long, O men, will you turn my glory into shame? How long will you love delusions and seek false gods?

Shame is an internal wake up call. We are worshipping a god who is not God. We are relying on the flesh.

Isaiah 44:9-11

All who make idols are nothing, and the things they treasure are worthless. Those who would speak up for them are blind; they are ignorant, to their own shame. Who shapes a god and casts an idol, which can profit him nothing? He and his kind will be put to shame; craftsmen are nothing but men.

Shame has the potential to arrest passion, close down desire, and turn the heart away from sorrow. It shuts us down.

Comment on this:

“It is safer to feel shame (no matter how painful or destructive) than to feel sorrow. This is because shame closes down the heart and refuses to groan; sorrow increases the momentum to seek, knock, and ask.” page 203 *The Cry of the Soul*

IV. The redemptive power of shame:

Facing shame is an invitation to look into the eyes of the one who does not condemn – but instead offers grace, forgiveness and freedom.

A. The humiliation of God

- **In the incarnation – the manner of Jesus birth**
- **In his suffering**

Hebrews 12:2-3

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame

Isaiah 50:6-8

I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting. 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.

Comment on this:

If shame is the exposure of idolatry, then it is possible to trust in the true God and experience profound attack, assault, failure, and humiliation without succumbing to the inner hopelessness of shame.

When shame exposes us, we can counter our penchant to hide in self protection by hoping in our Advocate who protects us and comes to our defense. We transfer it to God

B. We break shame by experiencing sorrow, confidence in God, and gratitude.

Psalm 25:1-7

To you, O LORD, I lift up my soul; in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse. Show me your ways, O LORD, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, O LORD, your great mercy and love, for they are from of old. Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O LORD.

C. We break shame by receiving our God given identity

Joel 2:25-27 (New Living Translation)

The LORD says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you. Once again you will have all the food you want, and you will praise the LORD your God, who does these miracles for you. Never again will my people be disgraced. Then you will know that I am among my people Israel, that I am the LORD your God, and there is no other. Never again will my people be disgraced.

Isaiah 61:7

Instead of shame and dishonor, you will enjoy a double share of honor.

D. We break shame by being appropriately clothed by God

Genesis 3:21

And the LORD God made clothing from animal skins for Adam and his wife.

Isaiah 61:10

I am overwhelmed with joy in the LORD my God! For he has dressed me with the clothing of salvation and draped me in a robe of righteousness. I am like a bridegroom in his wedding suit or a bride with her jewels.

