

# SHAME

## Shame: What it is

1. Shame is universal (doesn't matter your age, race, marital status, salary, etc.) It only requires you to have a pulse.
2. Affects individuals, couples, families, communities, schools, churches, businesses, etc. (systems)
3. It can feel like anything from slight embarrassment to deep humiliation
4. It is the feeling "I AM BAD" vs. the feeling I have done something bad/or something has been done to me that is bad.
5. It's power lies in its ability to isolate us from God and one another.
6. It functions by drawing our attention off of Jesus' voice, The Voice telling us that we are deeply loved and valued by Him. (Tree of Life)
7. It is the enemy's primary weapon to prevent us from using the gifts we've been given.
8. It doesn't just show up in loud places or loud sins. It also lives in small details. A look, a tone of voice, words never said, thanks/praise never given, lack of affirmation, backbiting, gossiping, etc.
9. Putting shame to death is a slow process and can require great effort over time.

## Shame: How we combat it

1. Shame's remedy: Vulnerability
2. It is the movement toward one another, toward connection with someone who is safe, that we come to know life and freedom from shame.
3. Putting shame to death requires community
4. To be vulnerable is to feel naked; to recognize we are at the mercy of those whose intentions we cannot guarantee.
5. Confronting shame requires the risk of feeling it (shame) on the way to its healing.
6. We take responsibility for our actions and admit when we were wrong.
7. The idea of vulnerability brings the hope of freedom and the terror of possible rejection.
8. BUT vulnerability is the state we must pass through in order to deepen our connection with God and others. There is no other way. (We return to the emotional vulnerability of Genesis chap 2)

## What God's Narrative says:

1. The biblical narrative tells us of a God who is not only with us in the process of exposure, but intimately knows shame Himself.
2. Jesus modeled vulnerability; He opened His life up to ridicule, rejection, and a tortuous death. (Death on a cross was shameful, Jesus was completely exposed, naked and humiliated)
3. We ask the Lord to show us our shame, be it big or small, and we expose it and reframe it in the light of our Father telling us we are His sons and daughters whom He loves and is well pleased.
4. We foster ongoing relationships with others that encourage us to hear our Father's voice of delight in us.