

THE POWER OF SHAME

Unashamed

We all carry shame.

Healthy shame is the result of realizing we are not God and we are limited.

- Healthy shame reminds us that we are not perfect.
- Healthy shame reminds us that we can't know it all or do it all.
- Healthy shame reminds us that we need relationships.
- Healthy shame is experienced when we feel the conviction of the Holy Spirit.

²⁵And the man and his wife were both naked and were not ashamed.

³¹Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" ²And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, ³but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" ⁴But the serpent said to the woman, "You will not surely die. ⁵For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." ⁶So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. ⁷Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

⁸And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹But the Lord God called to the man and said to him, "Where are you?" ¹⁰And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ¹¹He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" ¹²The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." ¹³Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

Genesis 2:25-3:13 (ESV)

Toxic shame is one of Satan's major destructive forces.

- Toxic shame causes us to deny our own limitations.
- Toxic shame pushes us to hide our weaknesses from others.
- The more we hide our toxic shame, the more it controls us.
- Toxic shame drives us to shame others.
- Toxic shame penetrates and corrodes our identity in Jesus.
- Toxic shame drives us to hide from God.

SERIES BIG IDEA:

The truth of who we are in Jesus removes our shame and gives us courage to be honest with God, ourselves, and each other.

¹In you, Lord my God, I put my trust. ²I trust in you; do not let me be put to shame, nor let my enemies triumph over me. ³No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause. ⁴Show me your ways, Lord, teach me your paths. ⁵Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. ⁶Remember, Lord, your great mercy and love, for they are from of old. ⁷Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good. ⁸Good and upright is the Lord; therefore he instructs sinners in his ways. ⁹He guides the humble in what is right and teaches them his way. ¹⁰All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant. ¹¹For the sake of your name, Lord, forgive my iniquity, though it is great.

Psalms 25:1-11 (NIV)

Jesus wants to free me from my shame associated with my hurts, hang-ups, and destructive habits.

My Notes

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