

SHAME ON ME

Unashamed

Adam and his wife were both naked, and they felt no shame.

Genesis 2:25 (NIV)

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

Toxic shame is one of Satan's major destructive forces to distort & destroy our identity in Jesus.

SERIES BIG IDEA:

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

**Toxic shame causes my inner voice to say,
"I'm never _____ enough."**

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."

Genesis 3:7-10 (NIV)

Toxic shame makes us hide from others and hide from God.

What am I hiding from others and trying to hide from God?

Toxic shame creates a deep sense that I am unloved and unaccepted because of something I've done, something done to me, or something associated with me.

Toxic shame makes me feel—even believe—that I am worthless and alone.

Toxic shame creates prerequisites to being worthy and loved.

I'm never _____ enough.

⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—⁶to the praise of his glorious grace, which he has freely given us in the One he loves.

Ephesians 1:4-7 (NIV)

TEACHING BIG IDEA:

I am enough.

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...

Psalms 25:1-3 (NIV)

Trusting in God's truth that "I am enough" is the beginning of being set free from my toxic shame.

My Notes

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