

**MY SHAME NAME**

Unashamed

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.**

**When people put shame on us they push us away from them.**

**To be shamed is to be rejected.**

**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.**

*<sup>4</sup>(Jonathan son of Saul had a son who was lame in both feet. He was five years old when the news about Saul and Jonathan came from Jezreel. His nurse picked him up and fled, but as she hurried to leave, he fell and became disabled. His name was Mephibosheth.)*

2 Samuel 4:4 (NIV)

*<sup>9:1</sup>David asked, "Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan's sake?" <sup>2</sup>Now there was a servant of Saul's household named Ziba. They summoned him to appear before David, and the king said to him, "Are you Ziba?" "At your service," he replied. <sup>3</sup>The king asked, "Is there no one still alive from the house of Saul to whom I can show God's kindness?" Ziba answered the king, "There is still a son of Jonathan; he is lame in both feet." <sup>4</sup>"Where is he?" the king asked. Ziba answered, "He is at the house of Makir son of Ammiel in Lo Debar." <sup>5</sup>So King David had him brought from Lo Debar, from the house of Makir son of Ammiel.*

*<sup>6</sup>When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, "Mephibosheth!" "At your service," he replied.*

*<sup>7</sup>"Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table." <sup>8</sup>Mephibosheth bowed down and said, "What is your servant, that you should notice a dead dog like me?"*

*<sup>9</sup>Then the king summoned Ziba, Saul's steward, and said to him, "I have given your master's grandson everything that belonged to Saul and his family. <sup>10</sup>You and your sons and your servants are to farm the land for him and bring in the crops, so that your master's grandson may be provided for. And Mephibosheth, grandson of your master, will always eat at my table."*

*<sup>13</sup>And Mephibosheth lived in Jerusalem, because he always ate at the king's table; he was lame in both feet.*

2 Samuel 9:1-10,13 (NIV)

**We are broken.**

**We are pursued by King Jesus.**

**At Jesus' table, our sin is covered and our shame is gone.**

TEACHING BIG IDEA:

**I am enough to belong.**

**I belong because I believe, not because I behave.**

*<sup>9</sup>If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. <sup>10</sup>For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. <sup>11</sup>As Scripture says, "Anyone who believes in him will never be put to shame." <sup>12</sup>For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, <sup>13</sup>for, "Everyone who calls on the name of the Lord will be saved."*

Romans 10:9-13 (NIV)

- **Will I accept that I'm accepted as I am?**
- **Will I accept that Jesus wants to restore what sin and shame has destroyed?**

**Because I believe in Jesus, I will never be put to shame.**

*My Notes*

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