

## SHAME OFF ME

### 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.**

**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 us believe we have no value or worth.**

<sup>20</sup>"So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. <sup>21</sup>"The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'<sup>22</sup>But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup>Bring the fattened calf and kill it. Let's have a feast and celebrate. <sup>24</sup>For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate."

<sup>25</sup>"Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. <sup>26</sup>So he called one of the servants and asked him what was going on. <sup>27</sup>'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.'<sup>28</sup>The older brother became angry and refused to go in. So his father went out and pleaded with him. <sup>29</sup>But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. <sup>30</sup>But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'

<sup>31</sup>"'My son,' the father said, 'you are always with me, and everything I have is yours. <sup>32</sup>But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'"

Luke 15:20-32 (NIV)

**Both brothers felt worth-less.**

#### TEACHING BIG IDEA:

**I am worthy enough to belong and be loved.**

<sup>5</sup>And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. <sup>6</sup>You see, at just the right time, when we were still powerless, Christ died for the ungodly. <sup>7</sup>Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. <sup>8</sup>But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5:5-8 (NIV)

**When I feel unaccepted and unloved by what I've done or what's been done to me, I can confidently put my hope in Jesus' love for me.**

**The more I see who I am in Jesus, the more toxic shame comes off of me.**

**Will I turn toward Jesus and receive His love because He says I am worthy of His love?**

## My Notes

## contact

Phone: 913-890-4050

Email: [hello@westsideleavenworth.com](mailto:hello@westsideleavenworth.com)

web: [westsideleavenworth.com](http://westsideleavenworth.com)

facebook: [westsideleavenworth](https://www.facebook.com/westsideleavenworth)

Twitter & Instagram: [@WFCLV](https://www.instagram.com/WFCLV)

## listen

You can listen to today's teaching or share this with a friend by visiting us online at [westsideleavenworth.com/listen](http://westsideleavenworth.com/listen).