

REMOVING THE POWER OF SHAME

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

Genesis 2:25

Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. ⁸ And 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. ⁹ But the Lord God called to the man and said to him, "Where are you?" ¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ¹¹ He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" ¹² The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." ¹³ Then 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 3:7-13

THE STORY OF SHAME

If it had not been for the law, I would not have known sin.

Romans 7:7

For all have sinned and fall short of the glory of God.

Romans 3:23

Guilt – focus on behavior – "I MADE a mistake."

- Result: Guilt that can lead to repentance.

Shame – focus on self – "I AM a mistake."

- Result: Shame that leads to isolation.

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

2 Corinthians 7:10

THE EFFECT OF SHAME

1. Shame binds me to my PAST.
 - Shame shackles me to WHO I WAS to keep me from becoming WHO I AM.

As far as the east is from the west, so far does he remove our transgressions from us.

Psalms 103:12

2. Shame distorts my IDENTITY. (Gen. 2:25; 3:7a, 10)
 - A heart that HOARDS FAILURES will convince me that I didn't just fail, but that I AM A FAILURE.

3. Shame grows stronger in SECRECY, SECLUSION, and SILENCE. (Gen. 3:7b, 8-9)

4. Shame breeds FEAR, BLAME, and DISCONNECTION. (Gen. 3:10-12)

FLIPPING THE SCRIPT WITH GRACE

1. Jesus BREAKS THE CHAINS to our past and says you are loved and forgiven. (Gen. 3:15)

2. Fear may call out our doubts, but God calls out our NAME. (Gen. 3:9a)

3. Jesus says you are not a failure; YOU ARE FAMILY.

But to all who did receive him, who believed in his name, he gave the right to become children of God.

John 1:12

And the Lord God made for Adam and for his wife garments of skins and clothed them.

Genesis 3:21

"Failure isn't a part of life; it's much of life. The rest is just learning how to grow from it. On the other side of our failures is an expansive horizon of love and acceptance. God already told us there's nothing we can do to change the way He feels about us." – Bob Goff