

## Lesson 3A – “Shame Off YOU!”

Because of the shame, guilt, self-hatred, and self-condemnation, we are all to some degree hindered from having an intimate fellowship with our Heavenly Father and flowing with Him. Guilt and shame can stir up all kinds of negative feelings, actions, and emotions in an attempt to cover up what we don't want others to find out about us.

**Guilt** is the feeling we get when we know that we have done something wrong. We can do something about the wrong action and get relief from the guilt. (forgive others or self, repenting, make restitution, pay for the damages, etc.)

**Shame** is feeling that there is something inherently wrong with us. We think, “There is nothing that I can do to get rid of what's wrong with me.” Not that I made a mistake, but I am a mistake! There is a feeling of hopelessness and deep feelings of uncleanness, unacceptability, wrongness of being, and worthlessness. These feelings lodge in our heart, not just our mind, and can cause crippling damage to us. **False Shame** – Most of what we deal with regarding shame originates from believing the lies of the devil presented to us through other people or circumstances. The thoughts lodge in our brain and begin to fester until they move to our heart and affect how we see ourselves.

### How does shame come?

1. It often is rooted in a fear of abandonment and annihilation.
2. **We live in a shame-based society.** Advertisers say there's something wrong with you so you will buy their product. 80% of us live in a shame identity and all of us have experienced things that have brought a feeling of shame. Youth say, “You're a loser!”
3. We can pick up shame from someone else, especially from family situations, family history, or someone close to you that you spend lots of time with. The family can have “secrets” that we're not supposed to talk about, or they have lots of rules that impute shame if we don't do it right.
4. ***It often comes from fathers, mothers, and teachers from their actions or words about us.***
5. We can also blame ourselves for what happened (divorce, death, injury, etc.) and feel shame.
6. It also can come from people in authority or those who we think know what they are saying.
7. Parents can use shame to try and control a child's behavior. “Shame on you!” “You're a nobody!” “You're stupid, an idiot, drunk, a pervert, etc.”
8. We can also feel shame from our appearance, mistakes, inability to meet others expectations or standards, clumsy, mental problems, social problems, and learning or physical difficulties.
9. Shame can come through blame shifting by parents, friends, or those in authority over us.
10. Shame can even start in infancy or in the womb. If the parents are dealing with shame, that can be picked up by the child even before he/she is born. If an infant is punished or abused by the parents, they can begin to believe that there is something wrong with them.
11. The “look” from a parent or an angry expression toward them can communicate to the child that they deserve it or are such a poor excuse of a person that they make others angry at them.
12. We can also be shamed in the church or by religious people. Being labeled a “sinner,” “rebellious,” “disobedient” or being judged for our behavior or habitual sin that we are trapped in can bring a tremendous amount of shame.
13. **Some of the deepest rooted shame comes from sexual, emotional, or physical abuse.** A slap in the face is very shaming. A father pulling, shoving, or jerking a child around in anger can be shaming too.

### Shame Affects Us in Many Ways

- ❖ All of our compulsive habits are rooted in shame in some way. The shame causes us to feel worthless, hate ourselves, feel like something is wrong with us, and we begin having this “yucky” feeling inside. Our flesh decides to do something to comfort us, and we turn to food, masturbation, drugs, cigarettes, drinking, internet, TV, lustful activities, anger or something else to ease the pain.
- ❖ Shame puts your soul out of peace and rest. **Heb. 4:10** You try to move the soul back into peace by doing the very thing you vowed not to do again. It may give you some temporary relief, but then the shame comes back and you feel even worse for doing what you didn't want to do. Now you feel even more worthless.
- ❖ Shame hinders us from having passion for the Father because we think He can't love me or we don't want Him to find out who we really are inside. Any relationship we have is based out of fear or striving to win His love and acceptance of us.
- ❖ We lock up our emotions and feelings and keep everything inside. There is no joy, fun, happiness or celebrations in our life.
  - We become self-sufficient and independent never asking for help or needing anything.
  - We don't think, believe in ourselves, dream, or have visions. Everything is stuffed inside.
  - We remain silent and if anything bad happens to us, we don't tell anybody.
  - We hide and maintain a level of secrecy.
  - We don't ever acknowledge our mistakes. We can't handle any more shame.
  - We don't trust anyone because we think that relationships are too erratic and unreliable.
- ❖ Shame governs how we act, what we do, and how we relate to others and Father. Shame keeps us from experiencing the glory, joy, and freedom we have in Christ. We can lose heart and quit, or talk ourselves out of the Father's plans for us. We lack the confidence and boldness to step out in faith or try new things. We try to cover up and hide all of the things that we feel “yucky” about on the inside.
- ❖ Shame creates a focus on us, our problem or shortcoming, and not on Father. Shame is like being the only caterpillar in a world of butterflies. You feel separated from everyone else. We wear masks and costumes and do everything we can to make the outside look good and in control because we don't want anyone to see how messed up and defective we really are on the inside.
- ❖ Shame causes you to work all the time just to justify your existence! Something on the inside says, “If I don't do something powerful, spiritual, and important, then I have no value. I'm a nobody.” We cannot afford to be unproductive! We become a human doing!
- ❖ Shame transfers generationally. If we don't get rid of the shame and give it to the Father, we will shame other people around us. You will shame your husband, wife, or children because you have a need to control their choices. We fear that the kids may bring shame on us or the family. We even try to control the choices of our adult children!

### How do you know if you may be dealing with shame?

- ❖ You are not in touch with your feelings or have a hard time expressing your feelings.
- ❖ You think that what I am feeling is wrong.

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- ❖ You fear having emotions and block them. It's a way of managing the pain. Or you try to intimidate others by being nasty, aggressive, or pushing others away.
- ❖ You can't go into a public place without your physical appearance being perfect.
- ❖ You can't say no to people.
- ❖ You are afraid of trying new things.
- ❖ You experience a lot of rage or anger in your life. (You most likely are carrying shame!)
- ❖ You feel that if I don't succeed, I won't be loved.
- ❖ You can never let yourself be in a position of need from anyone.
- ❖ You feel or think that you are illegitimate.
- ❖ When you look in the mirror, you agree with the lies about how hopeless, useless, defective, or unattractive you are.
- ❖ You are over-sensitive to what other people say or think.
- ❖ You are chronically unhappy, have low self-esteem, self-hatred, or self-rejection.
- ❖ You never feel like you are a part of the group or have what is required.
- ❖ You focus on what is wrong and the flaws in you. It is difficult to take criticism. You are always comparing yourself to others and coming up short.

### How do we get rid of Shame?

- ❖ Our Heavenly Father did not intend for us to live in shame and made a way out through the finished work of the cross. Jesus took our garbage so we could have His glory!
- ❖ Don't try to hide from the Father. He knows right where you are and everything that you have ever done, but He still loves you with all His heart! **Rom. 8:39**
- ❖ You give Jesus what you have and take what He has given you in return.
- ❖ Shame is not attached to any one action, so you can't purge it by another action like you can with guilt (i.e. forgiveness). You need His love, His grace, and His blood to cleanse you from the shame. **Heb. 10:22**
- ❖ The lie must be exposed before you can deal with it. Then the Holy Spirit can walk you to freedom. Ask the Father to heal the memories that have chained you to those lies and forgive those who were involved.
- ❖ **Nothing done to you or anything you have done or failed to do is a statement of your being.** You have to replace the lies from the devil with the truths in His Word.
- ❖ **Eph. 2:6-7** says that we are seated with Christ in heavenly places.
- ❖ You need to see yourself the way Father sees you. Ask Him to give you His eyes to see who you really are.
- ❖ You are loved for who you are, not what you do.
- ❖ Jesus came to model the relationship that we are to have with the Father. Because of the finished work of the cross, you can have the same relationship too. Father loves us as much as He loves Jesus! **John 17:23**
- ❖ **You are a son or daughter of the Father and He loves you as His beloved child.** **Rom. 8:14-17**
- ❖ Father knew you before you were born (**Jer. 1:5**); He was there at your conception (**Job 10:10**); and He received you to life from your mother's womb (**Ps. 71:6**). He made you and

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you are just perfect the way you are. He has a special plan for you that no one else can do.

### **Eph. 2:10**

- ❖ **We need to have our identity as sons and daughters and rest in the finished work of the cross. We are forgiven, made righteous, cleansed and free from all curses through Jesus' redemptive blood. The more we hang out with the Father and practice His presence, the freer we will become from shame. Continue to focus on Him and not yourself. Remember, as He is, so are we in this world! 1 John 4:17**
- ❖ **Shame Off YOU!**

## **Getting Free From Guilt**

Guilt comes when we know that we have done something wrong.

- ❖ It is part of the operation of our conscience put there by the Father to help us know when we have made a mistake and need to do something about it.
- ❖ Father knows that if we keep doing this action, we are going to get hurt or hurt others. It's a warning sign, "Don't walk this way!"
- ❖ There is no shame or feelings that I am wrong!
- ❖ Guilt is like the oil light on your car. It is telling you that something is wrong, and if you don't do something about it soon, you're going to have big problems!
- ❖ Unlike shame, we can repent of the sin, go to those we may have hurt or offended and ask their forgiveness (including the Father), receive the Father's forgiveness, and forgive ourselves.
- ❖ We have to be careful not to allow the devil to lie to us or have familiar spirits try to bring back the memory of something from our past that we have already dealt with. Remember, all of your sins have already been dealt with on the cross, past, present, and future!
- ❖ We can also fall for "false guilt," taking on the responsibility for something someone else did. Or we can get over into pride thinking that we are being more humble or spiritual.

## **Condemnation**

Feeling guilty can also trigger another negative feeling of being condemned.

- ❖ Webster's Dictionary defines "condemned" as: censured; pronounced to be wrong, guilty, worthless, or forfeited; adjudged or sentenced to punishment.
- ❖ After reflecting on how much he battled with his flesh doing the things that he knew were wrong and not seeming to be able to stop it in Romans 7, Paul came to his senses and declared, "There is therefore now no condemnation to those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."  
**Rom. 8:1-2**
- ❖ Jesus took the punishment and judgment for sin on Himself so that we might be free.
- ❖ Condemnation is another attempt by the accuser to bring us into bondage over something Jesus already took care of on the cross!

**YOU ARE FREE FROM, SHAME, GUILT, AND CONDEMNATION!!!**

### **Lesson 3 – Your Identity – Known, Heard, Understood, and Cared For**

1. What thoughts do you have about yourself? Do they cause you to feel shame? Does your appearance or past performance prevent you from seeing yourself as fully pleasing or totally accepted as a person. Ask the Lord to help you break out of the negative patterns in your life. Write several good thoughts about yourself and how the Lord sees you.
2. What false identities have you agreed with? Write down any shame identities you have and then break your agreement with the false identities and take on your new identity in Christ.
3. Our image of who we are and our personality can be shaped by shame, fear, and control. Ask the Lord to show you this week a time when you responded in a situation with shame, fear, and control. Renounce the pattern and begin to see your identity in Christ, the way Father God sees you.
4. Ask Father to show you which identity He wants you to focus on each day for the next week – known, heard, understood or cared for. Expect Him to reveal how He is involved in your everyday activities of life.
5. Set aside a block of time to let Father comfort you. (Find a quiet place where you won't be disturbed, put on quiet music and choose to be His child ready to be loved and held.) Ask Father if there is a time from your past that needs His comfort to release your heart. Receive His comfort and rest in His love.
6. Journaling – “Father, what do you want to speak to me about my true identity and how you see me?”