

Introduction: The debilitating power of shame

What is shame? – it is a painful feeling of regret, self-hate, and dishonor. Brené Brown describes it as, “a painful feeling or experience of believing we are flawed and, therefore, unworthy of love and belonging.

* Shame usually results in guilt and self-deprecation, but it can also lead us to search for God and His answers.

*** Unhealthy responses to shame include:**

- Inferiority
- Destructive behaviors
- Self-pity
- Passivity
- Withdrawal / hiding
- Drivenness
- Co-dependency
- Hate appearance

Question: In what ways are you most tempted to deal with shame apart from Christ?

What is God's antidote to shame?

Therefore, if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

2 Corinthians 5:17

Context – The apostle Paul has reminded the Ephesian church, and us, of our dramatic new standing with God and the **spiritual blessings** that we now possess because of our relationship with Jesus.

Ephesians 1:3-14

Paul prays for that 18-inch journey

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ **I keep asking** that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that **you may know Him better**.

¹⁸ I pray also that the eyes of your heart may be enlightened in order that **you may know**

1. The hope to which He has called you,
2. The riches of His glorious inheritance in the saints, ¹⁹ and
3. His incomparably great power for us who believe.

That **power** is like **the working** of His **mighty strength**, ²⁰ which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. ²² And God placed all things under His feet and **appointed Him to be head over everything** for the Church, ²³ which is His body, the fullness of Him who fills everything in every way.

Ephesians 1:18-23

How do we overcome “true” and “false” shame?

• _____ Christ 2 Corinthians 5:17

• _____ the Father Ephesians 1:15-17

• _____ 3 historical facts:

1. My _____ no longer defines me. Ephesians 1:18

As far as the east is from the west, so far has He removed our transgressions from us.

Psalm 103:12

2. My _____ happiness is guaranteed. Ephesians 1:18b

But just as it is written, “Things which eye has not seen and ear has not heard, and which have not entered the heart of man, all that God has prepared for those who love Him.

1 Corinthians 2:9

3. I have incomprehensible power to meet all my _____ challenges and opportunities. Ephesians 1:19-23

But by the grace of God I am what I am, and His grace toward me did not prove vain; but I labored even more than all of them, yet not I, but the grace of God with me.

1 Corinthians 15:10

How to see yourself as God sees you

- **The principle** = Replace your “warped mirrors” and misbeliefs with the Truth of God’s Word.

Misbeliefs

- I am what I am, I cannot change.
- I can’t help myself; this is just the way I’ve always been and always will be.



Competency Truth

I am a competent person, equipped by the Holy Spirit to carry out God’s will in my daily life in a way that pleases Him, regardless of what stage of growth I may be in at the present. My real importance in life is connected with the way I am touching other people’s lives with the love of God and message of Christ.

– Philipians 4:13

Resources:

Affirmation Cards – Theresa Ingram

**The Search for Significance* – Robert McGee