

How Can I Grow Through Shame

Shame - the emotion you feel from the perceived wrong associated with you

Guilt - the emotion you feel for the wrong you have done

I. Truths about shame

A. I may feel shame when I have done wrong in the eyes of God [3]

- Exodus 20:14

B. I may feel shame when I have done wrong in the eyes of others [3-5]

Embarrassment is shame in front of others

C. I may feel shame when I have done wrong in my own eyes

Discouragement is shame about past defeats

Self-consciousness is shame in present or potential performance

D. There is self-centered shame

- Romans 1:16

Being ashamed of your association with God

Feeling shame even though you have done nothing wrong in the eyes of God.

E. There is God-centered shame

- 1 Peter 4:16

Receiving shame from others because you are living for God

Feeling shame because you have done wrong in the eyes of God.

II. Lies about shame

A. I should never be ashamed of who I am

- Proverbs 3:35

B. I should never be ashamed of what I do

- 1 Corinthians 15:34

C. I can overcome shame by loving myself more [6]

- 1 Corinthians 1:27

D. I can overcome shame by sharing with others more [9]

III. How can I grow through shame?

A. Do not focus on what you have done, but focus on what Christ has done [10]

- Hebrews 12:2

B. Do not hide from God, but run to God [11]

- Genesis 3:8

C. Do not be afraid to share with others, but use wisdom

- Genesis 3:7

- Genesis 3:21

D. Do not shame others, but share God with others [7]

- Romans 1:16

E. Do not quit, but keep hoping in God

- Genesis 2:25 (Before sin entered the world)

- Romans 10:11 (In our struggle against sin)

- Revelation 21:4 (After sin will be removed)