

TAKING A CLOSER LOOK:

SHAME

- Compare Guilt and Shame – both can be legitimate or illegitimate
 - Guilt –

- Shame

- Can keep us from being authentic

- Two Kinds – Brene Brown – popular on shame but does not distinguish between the two kinds

Legitimate Shame

1. Legitimate shame is in _____ with God and His ways. Phil 3:18-21, Jude 11-13 (Our shame is in contrast to God's righteousness.)
2. Shame for doing something sinful is the _____ response. 1 Cor 15:34 When we do something against God or others we *should* feel shame.

Get EQUIPPED: Redemptively Overcoming Abortion in the Church

SESSION 6 – WORKBOOK

COLLATERAL DAMAGE: WHO AND WHAT ELSE IS AFFECTED?

3. As Christians, the correct response to legitimate shame is _____.
Acts 3:19 If we don't repent, then we still have reason to be ashamed.
4. Repentance requires _____. Saying "sorry" or asking forgiveness is not the same. When we confess, God forgives us and cleanses us (1 John 1:9). When we confess to others – so we may be healed (James 5:16).
5. When we live in shame after repenting, we are saying that what Jesus did on the cross was _____.
Col 2:13-15
6. That is the shame we need to _____ to!
7. The Truth is that anyone who believes in Him will _____ be put to shame! Believing in Him means that we believe that what He did was enough. Rom 10:11

Illegitimate (False) Shame

The lie (illegitimate or false shame) is that we deserve shame when we:

1. know Christ and are living a repentant life. 1 John 1:9, Acts 3:19
2. someone does something shameful to us, like sexual molestation as a child or rape, or even if we were forced to abort our child, we need to say NO to shame. They are the ones who will be put to shame. Ps 35:26, Ps 25:3, Ps 40:14
3. someone shames us for something not our fault or for which we have repented. They are only shaming themselves. Ps. 71:13
4. If we have repented, instead of shame, we should feel _____ that our shame is covered. Ps 34:5 And when we are tempted to feel ashamed, we need to speak the truth to ourselves. Every time.
5. Illegitimate shame is in _____ with God. 2 Timothy 1:12, Hebrews 12:2