

SHAME

A Care + Counsel Resource



Shame is pervasive and painful feeling of humiliation from guilt, disgrace, regret, and insecurity.

Four Roots of Shame

- Guilt - *true guilt is conviction when wrong; false guilt is condemnation when wronged*
- Disgrace - *being wronged by others (abused, abandoned, mistreated)*
- Regret - *soundtrack of "woulda, coulda, shoulda" on repeat*
- Insecurity - *not satisfied about appearance, abilities, phase in life, etc.*

When people feel guilt, disgrace, regret, or insecurity they often carry shame.

**Shame is from lies from self, others, and the enemy.
Shame is never from God.**

³ who **forgives** all your iniquity, who **heals** all your diseases, ⁴ who **redeems** your life from the pit, who crowns you with steadfast love and mercy,
⁵ who **satisfies** you with good so that your youth is renewed like the eagle's
 Psalm 103:3-5

God forgives all our iniquity - our sin, our guilt. Through faith in the work of Jesus on cross, even though we are guilty of all charges. God declares over us what we cannot declare for ourselves - "Not Guilty!" Psalm 103:12 says that as far as the east is from the west, God removes our sin from us.

God heals all your diseases. God heals physically, relationally, and emotionally. Psalm 147:3 says, *He heals the brokenhearted and binds up their wounds.* We don't need to live in the shame of disgrace. We can let God heal us emotionally. That said, many would rather ignore the issue, remain the victim, feed the hurt, fuel the anger, refuse to forgive.

God redeems your life from the pit (of regret). Often those who carry shame from regret struggle with the concept of forgiving themselves. But to forgive ourselves is not a biblical concept. God gives forgiveness. We cannot absolve sin - only God can. Forgiveness is a gift from God - so we cannot give it to ourselves nor pay for it.

God satisfies you with good. The root of insecurity is not being satisfied, but God satisfies. So, we need to find our identity not in ourselves, but in who we are in Christ.

Our Shame	God's Provision
Our Guilt	God Forgives
Our Disgrace	God Heals
Our Regret	God Redeems
Our Insecurity	God Satisfies

looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. - Hebrews 12:2

Because Jesus carried our shame on the cross, we don't need live in shame.

- Jesus carried the shame of your guilt ... so we could be forgiven.
- Jesus experienced disgrace ... so we could be healed.
- Jesus paid for your regret ... so we could be redeemed.
- Jesus experienced the insecurity of being forsaken by His Father ... so we could be satisfied through a new identity in Christ.

Therefore, we need to leave our shame at cross and pick up forgiveness from guilt, healing from disgrace, redemption from regret, and satisfaction from insecurity.