

5

Base your identity on who God is and who you are as His son or daughter.

“So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.” Galatians 4:7

6

Grieve your losses and understand the hurts within your heart.

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18

7

Put your hope in God, the One who wants you to be restored and transformed.

“No one whose hope is in you will ever be put to shame.” Psalm 25:3

*When we live a life without shame,
we are free to be who God created us
to be. Our lives are marked by intimacy
with God and others.*



FREEDOM *from* SHAME

*“Instead of their shame my people will receive a double portion,
and instead of disgrace they will rejoice in their inheritance;
and so they will inherit a double portion in their land,
and everlasting joy will be theirs.”*

Isaiah 61:7

Shame is a deep sense of inferiority. It attacks our character and assaults our core being. Symptoms of shame include: feeling defective, inadequate, and not good enough. It's a byproduct of being physically, sexually, or emotionally abused, as well as being raised by a critical parent. Shame permeates our thoughts when we entertain wrong perceptions of ourselves.

The anatomy of SHAME

Finding freedom from shame first involves understanding the components that make up shame.

Feeling ashamed makes us hide our true selves. We fear being rejected if others knew what we were really like. This prevents us from being who God created us to be. We hide our shame behind wearing the masks of perfectionism, performance, achievement, and addictions. We cover up our real selves and try to be who others expect us to be.

Lies shameful people may believe:

It's hopeless. I will never be good enough.
I have to be perfect, or at least look like it so people will like me.
I have to do more and be more in order to be acceptable.

7 STEPS TO FREEDOM from SHAME

1 Confess and repent of your sins.

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." Acts 3:19

2 Receive forgiveness from God and extend forgiveness to those who have hurt you.

"...forgive as the Lord forgave you." Colossians 3:13

3 Realize our righteousness is based on God's grace, what Christ has done, not on anything we could ever do.

"For it is by grace you have been saved by faith, and this is not of yourselves. It's the gift of God, not by works so that no one can boast." Ephesians 2:8-9

4 Replace the lies you believe with the truth.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will." Romans 12:2