

BREAKING THE SHAME GAME

January 25, 2015

When you recognize your sin, there are two paths your heart could take—shame or conviction—both produce strong emotional reactions that result in changed behavior.

Who has sinned?

Romans 3:23 (NLT) – *“For everyone has sinned; we all fall short of God’s glorious standard.”*

- *All have sinned* – to miss the mark

What did Jesus do for me on the cross and through His resurrection?

Colossians 2:11-14 (NLT) – *“When you came to Christ, you were “circumcised,” but not by a physical procedure. Christ performed a spiritual circumcision—the cutting away of your sinful nature. For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead. You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross.”*

- It means He obliterated our sin—wiped it out!

Who can have their sins forgiven?

1 John 2:12 (NLT) – *“I am writing to you who are God’s children because your sins have been forgiven through Jesus.”*

What happens to my sins when I receive Jesus?

1 Corinthians 6:11 (NLT) – *“But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.”*

- *Cleansed* – an entire washing; a complete removal of sin and debt
- *You were made holy* – free from the guilt of sin
- *Made right* – in a legal sense, cleared of all charges
- Hezekiah received the revelation that his sins were put behind God’s back

What does He do with my sins? Will the Lord hold them against me?

Psalms 103:12 (NLT) – *“He has removed our sins as far from us as the east is from the west.”*

Why did Jesus do this?

Isaiah 53:4-6 (NLT) – *“Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a*

punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all."

Shame – A painful feeling of humiliation or distress caused by the realization that you've done something wrong.

CHARACTERISTICS

- It can easily masquerade itself as conviction.
- It makes you feel like you'll never get out.
- It points to the problem (the sin, the past and your failures).
- It works to destroy your inner life.
- It erodes your relationships—with God and others.

DECEPTION

- Shame says, "I am stuck. Where I am is not good, but I should stay there because of what I've done"—this is why so many allow shame in their life.
- Shame stops at, "I am guilty"—it can't move beyond the guilt.
- Shame says, "I have no choices."
- Shame always speaks with a "YOU". "YOU'RE not worthy." "YOU are dirty." "Jesus could never love YOU." "Your spouse could never love YOU."
- Shame shouts, "Your past! Your sins! You loser!"

CHANGED BEHAVIOR

- Feel worse about yourself
- Isolate yourself and hide
- Live in denial of the truth
- Battle depression
- Express anger toward yourself and others
- Feel unworthy—God's love, love of family and of fulfilling the purposes of God.

FEEDBACK

- *"Shame is the pinpointing of an individual's insecurities or blunders and forcing that person...to focus solely on the worst thing about themselves." -DS*
- *"It undermines our hope for the future by condemning us of things that we cannot change in the past. Shame disqualifies us from believing God calls us to do miraculous things in His name and it leaves us powerless." -MK*
- *"Shame can stop me from even looking in the mirror." -DE*
- *"Shame is like a soundtrack constantly playing in the background of your mind, an exaggerated remix of your mistakes & flaws." -RM*
- *"Shame isolates." -SC*
- *"Shame makes me feel unworthy of everything." -JB*

- *"It can be paralyzing."* -MH
- *"For many years the combination of fear + shame made it very difficult for me to have conversations & be in social settings with a healthy perspective."* -AG
- *"It makes you want to hide & keep things in secret where they only increase in power."* -DM

SHAMING OTHER PEOPLE

- Don't put shame on other people.
- Goal of shaming is to punish people emotionally or relationally for something they've done—to make them feel "less than" or puny for something.
- Matthew 7:12 (NAS) - *"In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets."*
- If Jesus doesn't put shame on us, why do we put shame on others?
- Philippians 2:3 - *"think more highly of one another than you do of yourselves".*
- If you need to confront someone, confront, but leave shame out of it.
- There is no good use or situation for shame—it corrodes relationships, doesn't restore them.
- "You should be ashamed!" OR "Shame on you!"
- Stop the shame game!

Ephesians 4:2 (MSG) – *"...pour yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences."*

- Heart of this verse – to hold strong, to endure with each other
- Lean into each other

Conviction – When our hearts have been firmly arrested and broken over our own sin.

- A response that says, "Yes, I have sinned" —that you missed the mark.

CHARACTERISTICS

- It is motivated by love.
- Conviction might come from an inner prompting of God's voice, from His Word, from hearing a sermon or from hearing a friend talk about his/her convictions.
- Conviction brings us to repentance, healing and change.
- *(Shame makes you feel like you'll never get out)* Conviction always provides a way out.
- *(Shame points to the problem)* Conviction shows you the answer (the Blood of Jesus, which washes away sin).
- *(Shame says, "I am stuck. Where I am is not good, but I should stay there because of what I've done.")* Conviction says "The here and now is unacceptable" and it stirs me to action.
- *(Shame stops at, "I am guilty")* Conviction says, "The Lord will redeem my guilt for something better."

- (*Shame says, "I have no choices."*) Conviction lets me stare the ugly truth in the face and see opportunity--"all things work together for good..."
- (*Shame shouts, "Your past! Your sins! You loser!"*) Conviction shouts, "The Blood of Jesus washes away sins! You can be forgiven! Your sins and past don't have to be a part of you anymore!"

CHANGED BEHAVIOR

- He convicts us so we can move forward.
- Healing
- Confidence
- Peace
- Strengthened relationships and community (no longer isolating yourself)

Responding to Conviction

TAKE OWNERSHIP

- David committed adultery with Bathsheba and she got pregnant.
- David had her husband, Uriah, killed.
- David's heart was not repentant for at least 9 months until the prophet Nathan was sent with a word from the Lord.
- David's heart was moved with conviction when Nathaniel corrected him. He said to Nathan, "I have sinned against the Lord" and later writes Psalm 51.
- Correction brought conviction which produced true repentance.
- David took ownership—MY transgression, MY iniquity, MY sin.
- Don't justify or blame shift—take ownership.
- This is when healing takes place.
- You must put away pride and recognize your guilt.

In David's repentance, he saw the necessity for having a broken and contrite heart toward sin (Psalm 51:17).

- *Contrite heart* – a heart deeply broken and grieved over sin, humbled under the sense of God's displeasure, and earnestly seeking to accept reconciliation with God upon any terms.
- When you get caught, you fake an apology and get back to life.
- When you are convicted, you have a contrite heart that doesn't delight in sin, but in God and His commands.

CONFESS YOUR SIN

- Proverbs 28:13 (NLT) – *"People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy."*
- 1 John 1:9 (NLT) – *"...if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness."*
- Be open and honest (He knows it all anyway).

- If you respond to the Lord's conviction, it will lift you up out of the sin.
- There's power in confessing to someone with skin on—confess your sins one to another (James 5:16).