

**Spiritual How-to's**  
**Dealing with Shame**  
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**Intro.** Today, I want to talk about a topic at the center mental health issues, including addiction & co-dependency. (according to Psychcentral.com 2022) **SHAME**  
Let's begin with **2 separate and opposite true stories dealing with shame.**

**Katherine Power, 1970 FBI's Most Wanted**

**Billy Tipton, Jazz musician, 1989**

\* Both driven by shame and opportunity, chose different paths to deal with their shame.

Katherine chose to be transparent

Billy chose to conceal

The shame however, is what drove their decisions and affected their families.

**I. The emotion of shame - is defined as, " a painful emotion caused by the awareness of having done something wrong or foolish"** American Heritage Dictionary

A. When we **violate the social norms** we believe in, we feel shame.

1. Shame makes us focus inwardly on the **negative, in all we do and are**

2. **Guilt** is a feeling about our **behavior**

3. **Shame** is a feeling about **ourselves**

B. Shame is an intense feeling of **inadequacy, inferiority or self-loathing.**

1. Shame makes you want to **hide or disappear** because you feel **humiliated**

2. It brings **separation** from yourself and others

3. Shame leads to low **self-esteem, depression, & anxiety**

C. Shame is dangerous when it is internalized & results in **seeing ourselves, our whole person as a bad person, worthless and of no value.** (rather than the act or behavior as "bad")

D. **There are many causes of shame, types of shame and a great variety of impact that shame has on a person.** Which is why we need to learn how to deal with shame, either for ourselves or for another.

1. Perhaps you can **remember a time** in your life when shame gripped you. None of us are exempt from them. Don't let anyone fool you.

2. **Learning to live free** from that shame is what helps us to live healthy and emotionally stable lives.

**II. Finding healing from shame.**

Psychologists say that healing from shame requires, **"a safe environment to be vulnerable, express yourself & receive acceptance & empathy."**

A. Here's the good news – **Jesus bore our shame on the cross, not just our sin!**

B. **Read Mark 14 & 15** again. Sure, Jesus was crucified (for our sin). But the focus is NOT on the pain of the cross – **it is on the SHAME of the cross!**

C. Look at the **shame He experienced:** Mark 14:26-15:47; Isa. 53:3-12

- a. despised
- b. rejected
- c. ridiculed
- d. mocked
- e. spit on
- f. abused
- g. stripped
- h. crucified
- i. harassed
- j. cursed out
- k. abandoned
- l. rejected
- m. betrayed
- n. false trial
- o. falsely accused
- p. imprisoned
- q. beat
- r. flogged

D. These were the **exact opposite of what Jesus lived and deserved.**

E. **He bore these scars of shame for me,** for you, for our healing.

F. **The curtain in the temple** was miraculously ripped in half when Jesus died this shameful death on a cursed cross. Matthew 27:51

1. God was removing the separation that stood between He and man
2. **Shame is that barrier.** It can no longer separate us from God. Jesus freed us from shame and sin

G **Jesus endured the sin and shame of the cross because He was focusing on you and me. Hebrews 12:2** –“Who for the joy set before Him despised the shame and endured the cross.”

\* His goal was to provide for our freedom from sins grip and shames guilt.

H. **Heb 12:1 in TPT = “we must let go of every wound that has pierced us...”**

1. The picture here is – get rid of every arrow tip in us
2. Those wounds that have left the tip of the arrow of shame embedded in us
3. Allowing Jesus to remove that poisonous shame, dipped tip from us is our healing

III. Jesus offers all we need to be free from shames influence over us.

- A. He experienced all of our humiliating experiences and feelings so we could live free
- B. His love and acceptance provide the safe environment for us to be vulnerable, express ourself and receive His empathy and power free from those arrow tips
- C. His love and kind voice replace the enemies accusations.
  1. I am not a failure

2. I am important
3. I am loveable
4. I do deserve to be happy
5. I am not defective

D. His acceptance and forgiveness empowers us to live free from lingering:

1. sadness
2. superiority
3. anger
4. boasting
5. envy
6. judgment
7. bullying

E. In a vulnerable relationship with Jesus/God we feel no shame, just like in the Garden of Eden. Genesis 2:25

IV. So, my friend. **How do you deal with shame?** Like Katherine Power, can you be vulnerable with Jesus and let Him free you. Or will you conceal like Billy Tipton and allow you and your family to continue to live in shame?

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