



**Our Goal with this Series:** Identify and Acknowledge our shame & Seek / Ask God for freedom to love!

**Shame Defined:** *The deep sense that you are un\_\_\_\_\_ because of something you did, something done to you, or something you are associated with – leaving you feeling exposed and humiliated.*

**Guilt** – what I have \_\_\_\_\_ but **Shame** – is who \_\_\_\_\_

**A. The PRINCIPLE**

Our S\_\_\_\_ leads to S\_\_\_\_\_ then our S\_\_\_\_\_ leads to more S\_\_\_\_\_ It becomes a cycle!

1. Genesis 4:1-10 Cain and Abel

Why was Cain so angry – it was because of the shame of God not regarding his s\_\_\_\_\_

2. Triggers for Shame

Women: #1 How we L\_\_\_\_\_ #2 M\_\_\_\_\_

Men: #1 F\_\_\_\_\_ #2 Being A\_\_\_\_\_ / V\_\_\_\_\_

3. Our RESPONSE to shame is: (a) Rage in Anger – O\_\_\_\_\_ (b) Shut down – I\_\_\_\_\_

4. We then try to cover our shame: **a relentless striving for approval, worth, glory, power, pleasure to recover what we have lost.**

**B. BREAKING the Power of Shame**

1. **Recognizing and A\_\_\_\_\_ my Shame**

- SIN \_\_\_\_\_
- NEED \_\_\_\_\_
- STUFF \_\_\_\_\_
- WOUND \_\_\_\_\_
- BITTER \_\_\_\_\_
- ASSOCIATION \_\_\_\_\_
- FAILURE \_\_\_\_\_

2. **The Covering of Jesus:**

Jesus has covered us with His B\_\_\_\_\_ and His R\_\_\_\_\_

- therefore God sees us as perfect and holy in His sight.

Eph. 4:22-23 – we need to put \_\_\_\_\_ – our old self and put \_\_\_\_\_ our new identity in Christ

3. **The Power of Biblical Fellowship** – where we become vulnerable with each other!

Heb. 10:19 Do not forsake the a\_\_\_\_\_ of yourselves together. We can do this ALONE!

**Vulnerability:** is to risk emotional exposure to pain by willingly opening and uncovering our hearts and lives before other people.

James 5:16 Therefore, c\_\_\_\_\_ your sins one to another... that you may be healed

4. **Despising the Shame – following Jesus example**

Heb. 12:1-2 ..."fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

**DESPISE:** p\_\_\_\_\_, intentional, a\_\_\_\_\_ act where Jesus disregarded, scorned and shamed shame.

Jesus didn't act as though there was no shame but He (1) I\_\_\_\_\_ it, (2) picked up the cross, and (3) r\_\_\_\_\_ shame – by not letting it rule over his life.

**Table Questions**

1. Explain the "cycle" of shame. How does it work?
2. What are ways that we can try to cover our shame ourselves?
3. What makes each of the 4 ways to break the power of shame – powerful and effective?

*Note: Our series is adapted from a series done by Beau Hughes from the Village Church, Denton Texas*