

# OVERCOMING SHAME

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## NEED TO CONNECT – Our Design

*So God created man in his own image, in the image of God he created him; male and female he created them...The man and his wife were both naked and they felt no shame.*

Genesis 1:27; 2:25



## DISCONNECTION – The Fall & Consequences

*Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.*

Genesis 3:7-8



**EXPERIENCE & IMPACT OF SHAME:** exposed, cover, hide, defend, attack, pervasive sense of being bad, unacceptable, unlovable

*If I am guilty — woe to me! Even if I am innocent, I cannot lift my head, for I am full of shame and drowned in my affliction”.* Job 10:15

*I sometimes think that shame, mere awkward, senseless shame, does as much towards preventing good acts and straightforward happiness as any of our vices can do.* C. S. Lewis

SHAME IS MOST INTENSE AS ANTICIPATE EXPOSURE

DISCERNING BETWEEN SHAME & GUILT

Shame: subjective, emotional response, painful or numb experience following perception of disconnection

Guilt: objective, responsible for a transgression, wrongdoing; one is either guilty or not guilty, innocent of an action

TYPES OF SHAME

Moral Shame: I am responsible for the disconnection

Imposed Shame: Other is responsible for the disconnection

Natural Shame: my human condition in a fallen world is responsible for the disconnection



Shame Process:      CONNECT      DISCONNECT      RE-CONNECT



## RESOLVING SHAME - Reconnect

**GUILT RESOLUTION:** Confession, Forgiveness Process, Restitution, possible Reconciliation

### SHAME IS RESOLVED BY RECONNECTION

*Connection involves a meeting of the hearts and minds, an openness and vulnerability, a giving and receiving, a recognition and responsiveness to the other person, and communication that the person is valuable. Connection includes being touched, heard, seen, understood. The emotions are involved when two people connect for we only connect at points of vulnerability.*

D. Green & M. Lawrenz

#### Determine Responsibility for the Disconnection:

I am responsible for how I treat myself, treat others.

I am not responsible for how others treat me, treat others, treat themselves.

#### Connection Options:

**Safe Other:** available and vulnerable

Share, speak, write, listen, see, ...

**Myself:** what it is like to be me

Journal, self-monitor, ...

**Truth:** what is real, even beyond my perception

Consult, read, pray, observe, ...

**Person of God:** intimate relationship of revealing and receiving

Prayer, journal, dialogue prayer, prayer journal, meditate, service, ...



*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

Hebrews 12:1-3