

Free From Shame

Part 3 of the *Stuck* series

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Text: Genesis 2:22-25 NIV

Guilt says there is something wrong with what you've done; shame says there is something wrong with who you are.

Some of doors shame uses to sneak into our lives...

- Past sin or mistakes
- Physical appearance
- Socioeconomic status
- A weak sense of identity

Text: Genesis 3:7-10

The devastating effects of shame:

- It pushes us away from relationship and into hiding.
- It drives us to build a protective wall around our heart.
- It destroys our sense of identity and makes us uncomfortable in our own skin.

Steps along the way to being free from shame

1. Courageously step out from hiding and choose to live a life of...
 - Authenticity
 - Confession
 - Empathy
2. Investigate where the shame originated and invite Christ in to heal you.

The Lord God made garments of skin for Adam and his wife and clothed them. Gen 3:21

3. Learn the truth about who you are in Christ.

Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.
1 Cor 6:9-11, NIV

Follow God's example, therefore, as dearly loved children and walk in the way of love.

Ephesians 5:1-2

Next Steps

On the following line, write down the above step you're going to make on the path to being free from shame?

Take some time to answer the following questions with your spouse, children, or small group...

- Share your favorite Valentine's Day memory.
- What are some of the doors mentioned above where shame has tried to sneak in and tell you there is something wrong with who you are?
- Have you ever found yourself wanting to hide rather than be in relationship? Share some ideas on what pushes you to want to hide.
- Are there areas of your life where you struggle with shame? What are some steps you can begin to take on the path to being free?
- Read through 1 Corinthians 6:9-11 & Ephesians 5:1-2. What is the truth in these verses about who you are in Christ?
- How can we pray for you?