

Overcoming Shame and Finding Identity in Christ

Guilt says, "I did bad." **Shame** says, "I AM bad."

Romans 3:23 For everyone has sinned; we all fall short of God's glorious standard.....BUT...

Romans 10:9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10 For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. 11 As the Scriptures tell us, "Anyone who trusts in him will never be disgraced." 12 Jew and Gentile are the same in this respect. They have the same Lord, who gives generously to all who call on him. 13 For "Everyone who calls on the name of the Lord will be saved."

John 8:34 Jesus replied, "I tell you the truth, everyone who sins is a slave of sin. 35 A slave is not a permanent member of the family, but a son is part of the family forever. 36 So if the Son sets you free, you are truly free."

When my sin is forgiven and cancelled, it *cannot* be my identity.

> **Shame comes from the ACCUSER**....who WANTS us to feel isolated from God and believers.

Revelation 12: 10 '.....the accuser of our brothers and sisters.....the one who accuses them before our God day and night.

The answer to shame comes in **understanding and accepting our true identity in Christ**. We have to **fight to replace the narrative of shame with God's story for our lives**.

If God has forgiven you COMPLETELY, You are COMPLETELY forgiven.

> **Shame pays a powerful role in interpersonal relationships**, I can't get too close to others or let others get too close to me.

> **Shame opens you to the influence of satan**.....accuser....you agree with his assessment and it **gives him permission** and "**place**" in your life. **Renounce** and rescind it.

> **Shame will keep you from true unity with God**. Shame can keep you from seeking union with God, but the pursuit of union with God will deliver you from shame.

> **Meditate on these verses** until they **transform the way you think about yourself**.

Romans 8:1 There is therefore now **no** condemnation/penalty/judgment for those who are in Christ Jesus. 2 And because you belong to him, the power of the life-giving Spirit has **freed you** from the power of sin that leads to death.

2 Corinthians 5:17 This means that anyone who belongs to Christ **has become a new person**. The **old** life is **gone**; a **new life** has **begun!** 8 And all of this is a gift from God, who brought us back to himself through Christ..... 21 For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.

Titus 3:5....he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a **new birth** and **new life** through the Holy Spirit.

Galatians 2:20 My **old self** has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.



Colossians 3:9 Don't lie to each other, for you have stripped off **your old sinful nature** and all its **wicked deeds**. 10 Put on your **new nature**, and **be renewed** as you learn to know your Creator and become like him. 11 In this new life, **it doesn't matter** if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. **Christ is all that matters**, and he lives in all of us.

Romans 6:1 What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, **we too might walk in newness of life**. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. ...

Ephesians 2:10 For we are God's masterpiece. He has **created us anew** in Christ Jesus, so we can do the good things he planned for us long ago.

2 Peter 1:4 And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to **share his divine nature** and escape the world's corruption caused by human desires.

2 Corinthians 3:18 So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—**makes us more and more like him** as we are **changed** into *his* glorious image.

Ephesians 4:22....throw off your **old sinful nature** and your **former way of life**, which is corrupted by lust and deception. 23 Instead, **let the Spirit renew your thoughts and attitudes**. 24 Put on your new nature, created to be like God—truly righteous and holy.

Ezekiel 36: 25 "Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. 26 And I will give you **a new heart**, and I will put **a new spirit in you**. I will take out your stony, stubborn heart and give you a tender, responsive heart. 27 And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

John 8:36 So if the Son sets you free... you are truly/really/without a doubt/in point of fact..... free!

And, finally, Jesus took care of your shame just as He took care of your sin.

Hebrews 12:2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

The big point.....YOU HAVE NOTHING TO BE ASHAMED OF!

1) Confess/Receive Forgiveness

Isaiah 55:6- Seek the LORD while you can find him. Call on him now while he is near. 7 Let the wicked change their ways and banish the very thought of doing wrong. Let them turn to the Lord that he may have mercy on them. Yes, turn to our God, for he will forgive generously/greatly/exceedingly..

2) Change Your Core Belief - not about what you believe, but what GOD SAYS about you.

2 Corinthians 5:21 For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.

3) Declare that you are no longer that person

1 John 3: 3 See how very much our Father loves us, for he calls us his children, and that is what we are!

4) Renounce the place you may have allowed Satan to have in agreement with what your shame said about you.

5) Resist/GIVE UP the urge toward hiding and isolation.