

OVERCOMING SHAME

The Overcoming Life - Week 8

I. Failure leads to shame

Jeremiah 3:25 “Let us now lie down in **shame** and cover ourselves with dishonor, for we and our ancestors have **sinned** against the Lord our God. From our childhood to this day we have never obeyed him.”

Daniel 9:8 “O Lord, we and our kings, princes, and ancestors are covered with **shame** because we have **sinned** against you.”

Guilt: a feeling of **responsibility** or remorse for some offense

Shame: feeling of being _____
of not measuring up. “There is just something wrong with me.”

II. The Origin of Shame

A. God _____ us shame _____.
Genesis 2:25 “Now the man and his wife were both naked, but they felt no shame.”

B. God cannot function in an _____ of shame.
Genesis 3:8-13 “When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So, they hid from the Lord God among the trees.⁹ Then the Lord God called to the man, “Where are you?”¹⁰ He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.”¹¹ “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?”¹² The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.”¹³ Then the Lord God asked the woman, “What have you done?” “The serpent deceived me,” she replied. “That’s why I ate it.”

C. The consequences of sin and shame.

1. The 1st symptom of _____ is shame. (v.6-7)
2. The 2nd symptom: Hiding from God and each other. (v.7b-8)
Shame stops us from repenting.
3. The 3rd symptom: _____ (v.11-13)

III. The Impacts of Shame

A. Shame sets _____ expectations
“God expects certain things of me to be acceptable.”

B. Shame changes the way we see and think about ourselves
Shame’s message: “You are _____”

C. Shame changes the way we think about and relate to God.
Adam and Eve walked and talked intimately with God.
After shame entered man was afraid of God and hid from Him.

D. Shame changes our interactions with others.
Adam and Eve were helpmates. After shame entered, they hid from each other and assigned blame.

Ezekiel 16:61-63 “Then you will remember with shame all the evil you have done. I will make your sisters, Samaria and Sodom, to be your daughters, even though they are not part of our covenant.⁶² And I will reaffirm my covenant with you, and you will know that I am the Lord.⁶³ You will remember your sins and cover your mouth in silent shame when I forgive you of all that you have done.”

IV. Jesus bears our sin and _____ our shame
Hebrews 13:12-15 “So also Jesus suffered and died outside the city gates to make his people holy by means of his own blood.¹³ So let us go out to him, outside the camp, and bear the disgrace he bore.¹⁴ For this world is not our permanent home; we are looking forward to a home yet to come.
15 Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name.

Hebrews 12:1-2 “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.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 (despising) its shame**. Now he is seated in the place of honor beside God’s throne.”

Kataphronesas: “to _____”

The Overcoming Life

Overcome or Overcoming - God created us to be overcomers in this world. God intended for us to live a victorious, overcoming life.

Overcoming Rejection - Jesus was the most rejected man in the history of the world, but he overcame rejection on every level - and has empowered us to do the same!

Overcoming Doubt - Everyone has questions, "Why does God allow me to suffer?" or "Why doesn't God answer my prayers?" "What is the right decision?" "Did I really hear God?" We'll look honestly at our doubts and learn to overcome any doubt in our lives.

Overcoming Fear - On his way to the cross, Jesus experienced more fear than any person ever and yet He overcame. Based on Christ's example, we'll identify how to overcome our fears and accomplish God's will for our lives.

Overcoming Unforgiveness - In life, offenses, hurts, unkind words, rejection, and betrayal will come - sometimes from strangers, but sometimes from close friends or family. Regardless of the source, we must forgive to live as overcomers.

Overcoming Death - Jesus frees us from sin and death and his resurrection assures us of life eternal. He lived, died, and rose to give us a rich and satisfying life. (John 10:10)

Overcoming Discouragement - It is human nature to feel discouraged and overwhelmed. All of us will be discouraged from time to time, how we respond when we are down is always a choice. Our choice will determine our outcome.

Overcoming Shame - Even though we were created to live without shame, everyone battles guilt, regret and self-hate. However, Jesus rejected the curse of shame on the cross.

Overcoming Sickness - God still heals! So why isn't everyone healed? In this teaching we'll identify some of the different reasons for sickness to fully understand how He heals.

Overcoming Comparison - How do we stop dealing with unhealthy comparisons with others? The torment of comparison is perpetual, and God's only answer is for us to stop comparing!

Overcoming Shame



The Overcoming Life - Week 8 April 26, 2020

*The Rivers Church - 1548 Poole Blvd. - Yuba City, CA 95993
(530) 673-9366 - info@therivers.org*