

Rising From Shame

Romans 8:1-11

“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 a part of everyone’s story on some level, so there’s no use acting as if it’s not. It comes out of the stories we tell ourselves about ourselves.” —Curt Thompson, M.D.,
The Soul of Shame

Guilt is about behavior: “I made a mistake.”
Shame is about self: “I am a mistake.”—
Brene Brown

“[Shame is] the feeling of not being enough, that there is something wrong with me, that I don’t matter...and therefore exudes the aroma of being unable or powerless to change one’s condition or circumstances” —
Dr. Curt Thompson

‘The resurrection life is THE way we rise from shame.’

I. THE HIDDENNESS OF SHAME

I am not a stranger to the dark
Hide away, they say
'Cause we don't want your broken parts
I've learned to be ashamed of all my scars
Run away, they say
No one'll love you as you are...
When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out

I am brave, I am bruised

I am who I'm meant to be, this is me

—This is Me, The Greatest Showman

Romans 7:14-15, 24-25

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do.

**What a wretched man I am! Who will rescue
me from this body that is subject to death? 25
Thanks be to God, who delivers me through
Jesus Christ our Lord!**

“Shame is the intensely painful feeling or experience of believing I am flawed and therefore unworthy of acceptance and belonging...shame creates fear, blame, and disconnection.” —Brene Brown

To deal with shame, we usually respond in 1 of 3 ways:

- Move toward (people-pleasing);
- Move against (yelling, acting out aggressively, trying to gain power over others); or
- Move away (withdrawing, isolating, silencing, and keeping secrets).

II. WHAT FEEDS OUR SHAME (v.5-6)

For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. 6 For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. 7 For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so.

“Flesh” (Sarx-Gr.)= the corrupted part of our humanity—our unredeemed, fallen, egocentric nature.

1. Death (v.6)

For the mind-set of the flesh is death.

2. Hostile to God (v.7)

For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so.

Matthew 16:22-23

And Peter took him aside and began to rebuke him, saying, “Far be it from you, Lord! This shall never happen to you.” 23 But he turned and said to Peter, “Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.”

3. Cannot Please God (v.7)

For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it cannot to do so. 8 Those who are in the flesh cannot please God.

“[Shame]...exudes the aroma of being unable or powerless to change one’s condition or circumstances”—Dr. Curt Thompson

III. WHAT FREES US FROM SHAME (v.3-4, 1-2)

What the law could not do since it was limited by the flesh, God did. He condemned sin in the flesh by sending His own Son in flesh like ours under sin's domain, and as a sin offering, 4 in order that the law's requirement would be accomplished in us who do not walk according to the flesh but according to the Spirit.

Hebrew 12:2

“For the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

...(8:1)“Therefore, no condemnation now exists
for those in Christ Jesus...”

(8:1-2) “Therefore, no condemnation now exists for those in Christ Jesus...because the Spirit’s law of life in Christ Jesus has set you free from the law of sin and of death.

8: 9-11 “You, however, are not in the flesh, but in the Spirit, since the Spirit of God lives in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. Now if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.

And if the Spirit of Him who raised Jesus from the dead lives in you, then He who raised Christ from the dead will also bring your mortal bodies to life through His Spirit who lives in you.

To loosen the noose of shame, we need to
confess our shame and feed the spirit.

1. CONFESS OUR SHAME

“Were only as sick as our secrets.”

2. FEED THE SPIRIT

“I am always with you, so you have no reason to be afraid. Your fear often manifests itself in excessive planning. Your mind is so accustomed to this pattern of thinking that you are only now becoming aware of how pervasive it is and how much it hinders you intimacy with me.

Repent of this tendency and resist it, whenever you realize you are wandering down this well-worn path. Return to My presence, which always awaits you in the present moment. I accept you back with no condemnation.”

—Sarah Young, Jesus Calling

“Shame is not just a consequence of something our first parents did in the Garden of Eden. It is the emotional weapon that evil uses to 1) Corrupt our relationships with God and each other, and 2) disintegrate any and all gifts of vocational vision and creativity.”

—Dr. Curt Thompson, M.D., *The Soul of Shame*