

Overcoming Shame

Topic: #301

Category: Relationships



You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 2:22-24

Most of us have something we're not proud of having done. Perhaps our mental illness has caused us to act in ways that we are embarrassed about. This causes us to feel shame – about our past, our illness, and our mistakes. We may also feel shame about something that was out of our control. Too often, our current self image is a reflection of our past.

Side-Effects of Shame:

Afraid to try new things	Co-Dependent Relationships	Isolation
Self-Hatred, Self-Harm	Depression	Self-Pity
Passivity	Loss of confidence	Withdrawal
	Lack of motivation	

Reasons we continue to live in shame:

- We think we deserve to be punished for our wrong actions.
- We think if we “let go” of the shame we’re saying what happened doesn’t matter.
- We feel like it will keep the same thing from happening again.

From a worldly perspective these are negative motivators!

From a Christian perspective these are lies that keep you from God’s best!

Here’s the truth:

- You can be totally forgiven for you past mistakes by agreeing with God and asking for forgiveness. (See prayer on member handout).
- As you understand God’s forgiveness - forgive yourself! (Don’t think your view outranks God’s!).
- Let “the past” be “the past”. Turn your future over to Him.
- Trust that God’s ability is more powerful than your past. Let Him transform you.

Discussion Questions:

1. Where are you with the concept of shame, forgiveness, and renewal?
2. What is holding you back?
3. What, of the things I’ve said, makes the least sense to you?

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