

Overcoming Shame

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Shame is a voice we know all too well. We hear it so often, it can become the soundtrack to our life. Shame can come from outside of us—if we are sinned against. Or it comes from the inside, if we feel like we can't do anything right. Shame lives in the darkness and it will not go away on its own.

I have struggled with shame for most of my life. Because of the sin done to me and my own inability to “measure up,” I never felt worthy or good enough for anyone, especially God. I have lived trying to hide from anything that might make me look or feel bad. As a result, I was very reluctant to reveal my sin and shame to anyone. If my shame was exposed, I erupted in anger or was devastatingly depressed for days. I was determined to keep a wall between myself and anyone who might see the real me. Perfection was the only option and after years of failing over and over, I just wanted to disappear - which led me to a long season of depression.

BUT GOD... I learned that confessing my sin and shame brought them into the light *where Jesus could come and heal those broken places*. He taught me to trust Him - that nothing I had done, or anything that had been done to me, could ever keep me from His perfect love and grace. I learned to run TO Him, resting in the knowledge that He saw me fully and still loved me more than I could ever imagine.

Shame is something no one ever wants to talk about it, because it brings up such awful feelings. We must take a hard look at the voice of shame and learn how to recognize it when it comes.

Shame takes 3 forms:

- Rejection - you are not seen, no one pays attention, or you'll never be good enough or accepted.
- Nakedness – you feel naked, someone looks at you with disgust or scorn.
- Contamination - you feel dirty, filthy from the inside out.

But here's the good news! Jesus took on shame—in all 3 forms—on the cross:

- Rejection ... *Christ did not please himself but... 'The insults of those who insult you have fallen on Me.'* (Romans 15:3)
- Nakedness (exposure) - He died the most painful, shameful, public death on the cross that humans have ever invented.
- Contamination - He became sin - *God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God.* (2 Corinthians 5:21)

Because Jesus has overcome shame, He made a way for us too. The only way to combat shame in your mind and your life is to learn what God has to say about you in His Word, and then *choose* to believe what He says about you, instead of what you think or say to yourself. You get to say “NO” to shame in your life, just like Jesus did, by finding hope from God's Word! Then begin to live a life free of shame in the knowledge that you are accepted, covered and clean in Jesus!

Hebrews 12:2 *For the joy set before [Jesus] He endured the cross, **scorning its shame**, and sat down at the right hand of the throne of God.*

RESOURCES *Shame Interrupted* by Edward T. Welch | *Hope Ahead* by Barb Mulvey and Cris Paulson
“Truefaced: Two Roads” talk by John Lynch - <https://www.youtube.com/watch?v=Rfy03PEVUhQ&t=3s>
Uninvited by Lysa TerKeurst

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