



WEEK 6: WORDS HAVE POWER

FREEDOM FROM SHAME

This worksheet will help you become aware of the strongholds rooted various aspects of shame in your life. Set aside the time to read through it and check the boxes that apply to you. Make sure to do this thoroughly and honestly as this will help you to reflect for yourself and connect with strongholds mentioned in previous weeks. Finally, repent of your sin and shame and declare the truths of God over your life! Follow-through with next steps and seek accountability from your LIFE Group and LCGs.

DEFINITION

SHAME:

[noun]

1a: a painful emotion caused by consciousness of guilt, shortcoming, or impropriety. **1b:** the susceptibility to such emotion. **2:** a condition of humiliating disgrace or disrepute.

RECOGNIZING SHAME

1. Shame is not from God.

Psalm 25:3 (NIV) No one whose hope is in you will ever be put to shame...

2. Shame is a result of sin.

Proverbs 13:18 (NIV) He who ignores discipline comes to poverty and shame

Jeremiah 8:9 (NIV) The wise will be put to shame... since they have rejected the word of the Lord.

Genesis 3:6-7 (NLT) The woman was convinced. The fruit looked so fresh and delicious, and it would make her so wise! So she ate some of the fruit. She also gave some to her husband, who was with her. Then he ate it, too. At that moment, their eyes opened and they suddenly felt shame at their nakedness. So they strung fig leaves together around their hips to cover themselves.

CHECK ALL THE BOXES THAT APPLY TO YOU:

1. Shame causes us to develop shallow and guarded relationships.

- I am afraid others might find out about this sin.
- I have trouble forming trusting relationships because I guard against getting "too personal" with others.
- I am very fearful that others can see my ugly sin; this causes me to fear getting close to anyone, including God.
- I live in constant fear that others will reject me if this sin is discovered.

2. Shame results in a continuous battle with self-condemnation.

- I struggle with inferiority.
- I tend to think negatively about myself, and I battle negative thoughts about myself continuously.
- When I compare myself to others, I almost always "lose" in the comparison.
- I beat myself up continually because of my past.

3. Shame brings deep feelings of guilt and unworthiness; this, in turn, leads to self-hatred.

- I feel dirty, ruined; like damaged goods.
- I have trouble finding intimacy with God because I feel so far from Him.
- I seem unable to forgive myself.
- I feel that I could never marry a godly man/woman because he/she might find out about this sin and reject me.

- I do not believe I can lead others because this sin has made me unworthy.
- I hate myself. I do not blame others for not wanting to be friends with me; I do not deserve their friendship anyway.

4. Shame brings constant reminders of this sin.

- I cannot stop thinking about this!
- I constantly fight off disturbing memories of my shameful experience(s),
- I have disturbing dreams and visions about this sin.

5. Shame robs us from the joy of forgiveness and blocks the Lord's healing.

- I do not feel I can be forgiven for this sin.
- It is hard for me to believe God can forgive even *this*.
- I cannot tell anyone about this, including God, because it is so shameful.

6. Deceptions and lies.

- No one else has ever committed a sin as bad as this one.
- I cannot tell *anyone* about this sin because they will reject me.
- I will never be clean.
- I will never be able to have deep relationships with others because I must make sure they never learn the truth about this sin.
- This pattern of shame will always be a part of my life. There will never be lasting victory. I will fall right back into this pattern.

AREAS OF SHAME

(Some areas where shame can be hidden.)

1. Regret.

- "I can't believe I did that."
- My mind is consumed with a specific event.
- I cringe at the thought of a specific act.

2. Failure.

- Failed jobs.
- Failed marriage(s).
- Failed entrepreneurial work.
- Failed education.
- Failed relationship with children.
- Failed relationship with parents.

3. Personal embarrassment over:

- Social standing.
- Personal state of my children.
- What I have achieved in life.
- The behavior of my spouse.

- Watching alcoholic or drug addicted parents embarrass themselves.
- Where I have come from; my background.

4. Defeat over:

- Hidden addiction(s).
- Unconfessed sin(s).
- A stronghold I do not have victory over.
- Unconfessed affair(s),
- Unconfessed abortion(s),
- Unconfessed abuse(s) of which you were either a perpetrator or a victim.

GODLY SORROW VS. REGRET

2 Corinthians 7:10 (NIV) *Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*

REMEMBER: Condemnation is not from God. It is a tool of the enemy. It says, "There is no light at the end of the tunnel." Condemnation or "worldly sorrow," leads to regret and death. **Godly sorrow** or remorse, leads to repentance and life. It is the correction of a loving father who knows what is best for you.

SHAME FROM HURTFUL WORDS

Sometimes we may feel ashamed because of hurtful words that have been said to us. It helps when we can acknowledge them, recognize how we've allowed them to affect us, but declare truthful words in place of them.

What are things that have been said to you that were hurtful? _____

Who said them to you? _____

How have you let these words affect you? _____

What are some truths from God that you can speak to yourself? _____

To overcome our shame, we need to bring it to God and repent through prayer and declaration of the Gospel truth in faith.

PRAY THROUGH THE 4RS OF TRANSFORMATION

REALIZE

Lord Jesus, I acknowledge that I struggle with:

- Substance (drug or alcohol) abuse.
- Sexual sins and addictions.
- Witchcraft or black magic.
- Rebellion or defiance/disobedience.
- Other areas of sin/shame: _____

REPENT

I ask for your forgiveness for shame. I repent of all the ways I have allowed the shame of (fill in the blanks of the areas of shame you ticked) to be a part of my life. I see how it affects me and others around me. I name it sin. Shame is not from you!

RECEIVE

I now receive your forgiveness and freedom from shame! I accept Jesus's cleansing of this sin and I say that I am forgiven and freed. I no longer resist healing, instead, I choose to accept it freely. I rebuke Satan for attacking me with thoughts of shame, disgrace, and unworthiness. I come against Satan by the authority of Jesus Christ, and I command him to flee right now! I declare God's promises and truths of who I am in Christ over my life. I'm not defined by my sin and shame.

RECOMMIT

I know I will struggle and fall into sin and shame again, but **I recommit to the process of growth** through repentance and finding hope through Jesus Christ alone. I commit to turning back to Jesus again and again in every area of struggle.