
Shame and Change

*Psalms 44:13 You have made us a **reproach** to our neighbors, the **scorn** and **derision** of those around us. ¹⁴ You have made us a **byword** among the nations; the peoples **shake their heads at us.** ¹⁵ My **disgrace** is before me all day long, and **my face is covered with shame** ¹⁶ at the taunts of those who **reproach** and **revile** me, because of the enemy, who is bent on revenge.*

We won't change until
We shift from seeing ourselves
As a v _____ of shame
To an a _____ of shame!

Psalms 44:17 All this happened to us, though we had not forgotten you or been false to your covenant.

Psalms 44:23 Awake, O Lord! Why do you sleep? Rouse yourself! Do not reject us forever. ²⁴ Why do you hide your face and forget our misery and oppression? ²⁵ We are brought down to the dust; our bodies cling to the ground. ²⁶ Rise up and help us; redeem us because of your unfailing love.

**Shame is meant to drive us to God
for what we most want!**

Key: pg 1: exposure; idolater. pg 2: failed; really; foolish;
pg 4: victim; agent;

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Shame, part 1

How Life Feels—part 11

July 5, 2020

What is Shame?

*Psalms 44:15 My **disgrace** is before me all day long, and my face is covered with **shame** ¹⁶ at the taunts of those who **reproach** and **revile** me, because of the enemy, who is bent on revenge.*

“Shame is the traumatic e _____ of nakedness.”

-Dr. Dan Allender

How does shame work?

Culture message #1: “You feel shame because you’re a victim.”

Bible’s message #1: You feel shame because you are an
I _____.

Shame and idolatry

Examples of modern man's idols:

Perfection, looking competent, being in control, always looking good, being smart, having it "together," tough guy, consummate father/mother, physical appearance, being seen as successful, healthy, great athlete, reputation, financial security or wealth, never making mistakes, looking successful, being on top of things, etc.

F_____ idols produce shame.

Shame exposes what we r_____ worship.

Idolatry produces stress.

Shame is the exposure of f_____ trust.

Shame and a "poor self-image"

Culture message #2: "You feel shame because of a poor self-image. You need to think better of yourself."

Bible's message #2: You sense a poor self-image when your idol topples or fails.

*Isaiah 44:9a All who make idols are **nothing**, and the things they treasure are **worthless**.*

Shame and truth

*Psalms 4:2 How long, O men, will you turn my **glory into shame**? How long will you **love delusions** and **seek false gods**? Selah*
