

# Shame (part 2): Redemptive

## *How Life Feels - part 12*

Book of Psalms

July 12, 2020

Last week we looked at what drives shame and a poor self-image. We looked at the futile answers our culture offers. We began to look at what God does to change us as idol-making, shame-birthing, and stress-creating machines into people who experience greater freedom.

### **DAY 1: Bad shame vs good shame**

1. What?! Is there such a thing as *good* shame???

*2 Corinthians 7:8 Even if I caused you **sorrow** by my letter, I do not regret it. Though I did regret it--I see that my letter hurt you, but only for a little while-- <sup>9</sup> yet now I am happy, not because you were made sorry, but **because your sorrow led you to repentance**. For you became **sorrowful as God intended** and so were not harmed in any way by us.*

<sup>10</sup> **Godly sorrow** brings repentance that leads to salvation and leaves no regret, but **worldly sorrow** brings death. <sup>11</sup> See **what this godly sorrow has produced in you**: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.

2. The way Paul is using the word “sorrow” is similar to the way we use the word “shame.”

3. When Paul wrote the Corinthian church the first time he rebuked them for some of the ways they were dealing with issues. The effect was to create sorrow.

4. Notice, there is a sorrow “as God intended.” That sorrow does no harm! (v. 9)

5. When God convicts us of sin, we will feel sorrow. That sorrow can lead in one of two directions.

a. One way of shame is what he calls “**worldly sorrow**.” This is what we think of as shame and self-contempt. We ridicule ourselves for being “selfish, sinful, self-centered, never learning,” etc. His one word effect of this approach when convicted of sin is “death.” He is meaning mostly the “death” of the life we are supposed to experience and share with others—the life of Jesus, in us and through us.

b. The second way of shame is what he calls “**godly sorrow**” (v. 10). This kind of sorrow (or what I’m calling “good shame” has a short-term effect and a long-term effect.

(1) What short-term effects does God intend for us? (v. 10).

(2) What long-term effects does God intend for us? (v. 11).

Shame is an invitation to grace!

6. What strikes you about good shame and bad shame?

## DAY 2: How Jesus dealt with shame

1. The shame He experienced was not because of His sin, of which there was none, but because of the sin and shame of others!

2. Jesus dealt with shame from before He came to earth until after the resurrection.

*Philippians 2:6 Who, being in very nature God, did not consider equality with God something to be grasped, <sup>7</sup> but made himself nothing, taking the very nature of a servant, being made in human likeness. <sup>8</sup> And being found in appearance as a man, he humbled himself and became obedient to death-- even death on a cross!*

3. Jesus dealt with shame in the events and experience of His birth. Think of some of the insignificant details of His birth. He was born in a small, backcountry town, in a stable with stinky animals looking on. Shepherds, the bottom echelon of society were his first visitors.

4. Jesus dealt with shame in the temptations in the wilderness. He was tempted to take the quick fix to overcome physical pain. He was tempted to grab for immediate glory. And He was tempted to make a show of power.

5. Jesus dealt with shame by those closest to Him. He was abandoned by ten disciples, betrayed by Judas, and denounced by Peter. He was mocked by religious and political leaders and scoffed at by the mob.

6. Why in the world would anyone allow himself to go through all this and all that?!

*Hebrews 12:1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, <sup>2</sup> looking to Jesus the pioneer and perfecter of our faith, who 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.*

7. What joy is the writer talking about? What is Jesus' view of shame? How does he deal with shame?

*Colossians 2:13 (RSV) And you, who were dead in trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, <sup>14</sup> having canceled the bond which stood against us with its legal demands; this he set aside, nailing it to the cross. <sup>15</sup> He disarmed the principalities and powers and made a public example of them, triumphing over them in him.*

8. In this passage we see the paradox of the gospel. Though the story of God looked completely doomed and the story of Satan and shame looked victorious, God turns shame on its head!

9. Good shame leads to freedom... if you let it.

*Jeremiah 3:2 "Look up to the barren heights and see. Is there any place where you have not been ravished? By the roadside you sat waiting for lovers, sat like a nomad in the desert. You have defiled the land with your prostitution and wickedness. <sup>3</sup> Therefore the showers have been withheld, and no spring rains have fallen. Yet you have the brazen look of a prostitute; **you refuse to blush with shame.***

10. What strikes you about Jesus and the enormous amount of shame around Him?

### DAY 3: Freedom in Humility: the Desire for Redemption

1. The contrast between dealing with shame in a godly way and a worldly way could not be more radically different.

2. This is a schematic of the process and steps we follow of each:

- **Godly shame** → Desire for redemption → Humility (outside source) → Jesus, our hope → Surprising mercy, amazing grace → Worship → Gratitude increases freedom.
- **Worldly shame** → Pride shamed → Desire shamed → Inside source → Pressure → Less hope → New idols → Anger → Rage → REPEAT

3. After David's adultery with Bathsheba he wrote Psalm 51, his expression of confession of sin. The psalm is an expression of godly shame.

*Psalms 51:1 (RSV) Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions. <sup>2</sup> Wash me thoroughly from my iniquity, and cleanse me from my sin! <sup>3</sup> For I know my transgressions, and my sin is ever before me.*

*<sup>4</sup> Against thee, thee only, have I sinned, and done that which is evil in thy sight, so that thou art justified in thy sentence and blameless in thy judgment.*

*<sup>6</sup> Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart.*

*<sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.*

*<sup>8</sup> Fill me with joy and gladness; let the bones which thou hast broken rejoice.*

*<sup>9</sup> Hide thy face from my sins, and blot out all my iniquities.*

*<sup>10</sup> Create in me a clean heart, O God, and put a new and right spirit within me.*

*<sup>11</sup> Cast me not away from thy presence, and take not thy holy Spirit from me.*

*<sup>12</sup> Restore to me the joy of thy salvation, and uphold me with a willing spirit.*

*<sup>13</sup> Then I will teach transgressors thy ways, and sinners will return to thee. <sup>14</sup> Deliver me from bloodguiltiness, O God, thou God of my salvation, and my tongue will sing aloud of thy deliverance.*

*<sup>15</sup> O Lord, open thou my lips, and my mouth shall show forth thy praise. <sup>16</sup> For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased.*

*Psalms 51:17 (RSV) The sacrifice acceptable to God is a **broken spirit**; a **broken and contrite heart**, O God, thou wilt not despise.*

4. David is a man who knows godly shame. What strikes you about his:

a. Humility?

b. Attitude toward God?

c. Attitude toward himself?

d. Attitude toward his future?

5. What strikes you most from today's devotional?

## **DAY 4: Freedom in Hope: Confidence in an Advocate**

*Psalms 25:1 (RSV) To thee, O LORD, I lift up my soul. <sup>2</sup> O my God, in thee I trust, let me not be put to shame; let not my enemies exult over me. <sup>3</sup> Yea, let none that wait for thee be put to shame; let them be ashamed who are wantonly treacherous.*

1. This psalm deals with David's confession of sin. It is another good look at what godly shame looks like, sounds like, and feels like.

2. In the first three verses David's focus is not on himself or his sin. Instead he is focused on **hope** and expresses confidence in his **advocate**.

### 3. **Hope**.

What words, phrases or sentences are expressions of hope in God verses hope in him doing better?

### 4. **Advocate**.

a. An advocate is someone who will go to war with us, who will plead our case or cause in the courtroom. John reminds us that we have an advocate in Jesus.

*1 John 2:1 (RSV) My little children, I am writing this to you so that you may not sin; but if any one does sin, we have an advocate with the Father, Jesus Christ the righteous; <sup>2</sup> and he is the expiation for our sins, and not for ours only but also for the sins of the whole world.*

b. When we have sinned against God, Jesus Christ is our advocate! He goes to God the Father and pleads our standing of innocence!

c. Look back at Psalm 25:1-3. How does David look to God as his advocate?

5. **Hope** looks back at where we've experienced God's mercy before. And hope reminds us that mercy will always be coming! Hope also reminds us that Jesus is coming back. When He does, our battle with sin will finally be over!

6. Our **Advocate** has done His greatest work. It is done! At the cross mercy and grace was secured. It is our present possession. Worldly shame has met its match. It cannot stand against the cross and resurrection.

7. **Hope** in our **Advocate** is to be our central source of joy. The joy of anticipation is part of the joy package. Hope and our Advocate can slowly melt the iceberg of shame.

8. What strikes you from today's devotional?

## **DAY 5: Freedom in Gratitude: The Wonder of Worship**

*Psalms 25:6 (RSV) Be mindful of thy mercy, O LORD, and of thy steadfast love, for they have been from of old. <sup>7</sup> Remember not the sins of my youth, or my transgressions; according to thy steadfast love remember me, for thy goodness' sake, O LORD!*

1. Most of Psalm 25 has the tenor of gratitude in it. Even in his prayers of petition, there is a confidence that God will answer his prayers, and his gratitude is read “between the lines.”

Gratitude has the power to melt shame!

2. How does that happen? Gratitude comes naturally to humble people. When we are broken over our sin, (which need not take more than a few minutes), we will taste God’s mercy, be stunned by grace, and grateful for each. Our gratitude and worship of the God who would be like this to us melts shame.

Gratitude thaws the self-hatred of shame.

3. Gratitude is the natural response when we are dumbfounded Jesus’ continued loving pursuit of us in spite providing Him limitless reasons to attack or withdraw in disgust.

*Romans 2:4 Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that **God's kindness leads you toward repentance?***

4. Grateful worship begins with our acknowledgment of God’s untold goodness in pouring out His mercy and remembering us in His kindness, not in our sin. A grateful heart has no need to engage in self-destruction through violent self-hatred. Self-hatred tries to annihilate what it assumes is the cause of shame—the self. Worship acknowledges that the cause of shame—idolatry—has been forgiven. Why would we turn on ourselves (or others) in vicious hatred when God’s goodness reigns over us like a glorious rainbow?” Dan Allender

5. Let’s finish with the schematic that summarizes this week’s lesson on shame. The schematic gives us our only two options in dealing with shame:

- **Godly shame**→Desire for redemption→Humility (outside source)→Jesus, our hope→Surprising mercy, amazing grace→Worship→Gratitude increases freedom.
- **Worldly shame**→Pride shamed→Desire shamed→Inside source→Pressure→Less hope→New idols→Anger→Rage→REPEAT

6. What strikes you from this week’s devotionals on shame?