

Seminar

Broken Image

BC UK Biblical Counselling UK

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What is shame?

"I define shame as the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection." Brene Brown

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What is self-esteem

"A person's belief in their worthiness to be rejoicing and able to cope with and handle everyday life issues."

Brandon (1994) Six Pillars of Self Esteem

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Guilt vs Shame

- How they differ
- How we experience them
- Justification and Adoption

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Discussion:

- Why do so many of us still struggle with shame even when we know the gospel?
Or
- How is it possible to believe the gospel and still feel fundamentally defective, exposed or unacceptable?

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"Shame is an incredibly inarticulate emotion. It's something you bathe in, it's not something you wax eloquent about. It's such a deep, dark ugly thing there are very few words for it."

Jon Ronson - So You've Been Publicly Shamed 2016 pg 236

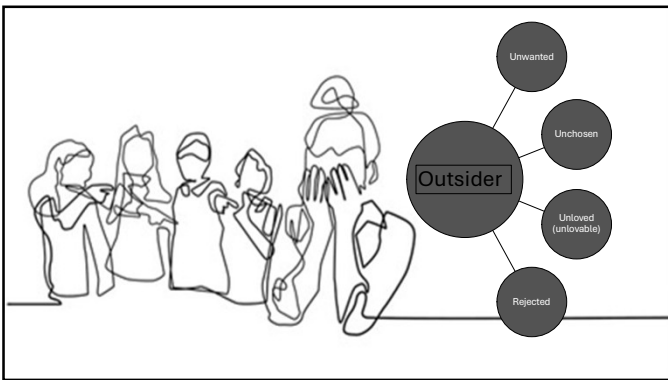
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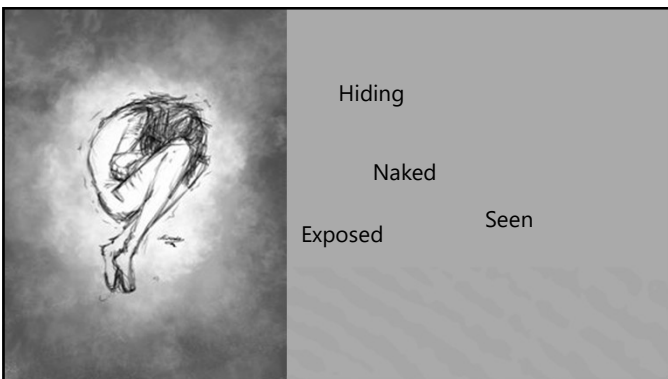
You feel **exposed** and **humiliated**...you are **disgraced** because you acted less than human, you were treated as if you were less than human, or you were associated with something less than human, and there were **witnesses**...you can expect images of being an **outsider, naked** and **unclean**. And don't forget shame's **public nature**...it is always **exposed**...Shame is **life dominating and stubborn**...shame becomes your identity. Guilt lives in the courtroom...**shame lives in the community**...It says, "You don't belong – you are unacceptable, unclean, filthy, disgraced."

Ed Welch – Shame Interrupted IDENTITY

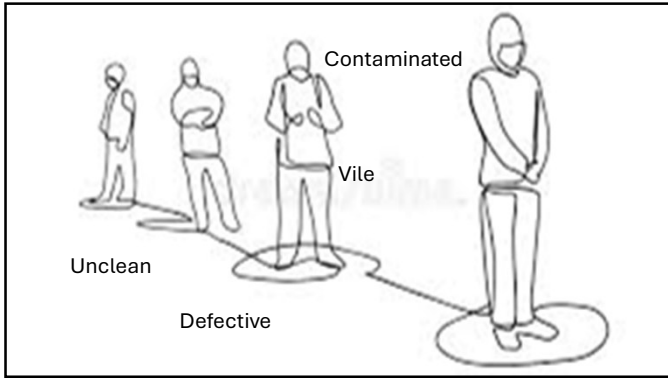
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Discuss: What can shame look like?

- People pleasing
- Defensiveness
- Burn out
- Niceness
- Perfectionism
- Anxiety
- Anger/false strength
- Conflict avoidant
- Inability to receive help
- Broken relationships
- Self-critical
- Low self-esteem

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What might we hear?

- "I'm a failure/unwanted"
- "I can never change"
- "There's something wrong with me"
- "I shouldn't need others this much"
- "If they knew..."
- "God loves his people, but not me individually"

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What does shame feel like in our body?

- Exhaustion/fatigue/weighed down
- Pain in chest
- Fragility
- Averted eyes
- Bitter weeping
- Frozen
- Constant movement/usefulness

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"Shame lives in community..."

- Intensely private experience
- Distorts our image of ourselves
- Often caused within relationship
- Felt in relation to others
- Distorts relationships

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"Shame lives in community..."

- Pattern set in Genesis
- Shameful act = shame = hiding & banishment

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The development of shame through the Bible

- Adam and Eve
- Cain
- Hagar
- Tamar...
- **Jesus**

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How Christ Enters Into Shame:

"He was despised and rejected by mankind, and man of suffering, and familiar with pain" Isaiah 53:3

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How Christ Enters Into Shame:

"I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting." Isaiah 50:6

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How Christ Enters Into Shame:

- Born into humble circumstances
- His family fled to Egypt as he was already a wanted 'man'
- "Nazareth! Can anything good come from there?" John 1:46
- Accused of being demon possessed.

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How Christ Enters Into Shame:

- "He is out of his mind" Mark 3:21
- "For even his brothers did not believe him." John 7:5
- Attempted to throw him off a cliff
- Betrayed by Judas
- "Then all the disciples deserted him and fled" Matthew 26:56

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How Christ Enters Into Shame:

- Peter publicly disowned him 3x
- False witnesses testified against him
- Spat upon
- Blindfolded and mocked
- "Prophecy to us, Messiah. Who hit you?" Matthew 26:68

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How Christ Enters Into Shame:

- Beaten
- Dressed up to be mocked – crown of thorns
- Flogged
- Stripped naked
- Counted among criminals

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How Christ Enters Into Shame:

- Crucified – designed to humiliate
- "Cursed is everyone who is hung on a pole" Deuteronomy 21:23
- "God made him who had no sin to be sin for us..." 2 Cor 5:21
- Forsaken by his Father

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The reversal of shame in Christ

- He exchanges his glory for flesh
- He is put to shame – exposed, rejected, and despised
- So that we as God's children may have our shame exchanged for honour.

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Glorification

- John 17:22 "I have given them the glory you gave me, that they may be one as we are one..."
- Romans 8:30 "And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified."

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Progression of faith

To leave isolation for the crowd

To touch his hem

To answer his call

To tell him everything

To let his gaze rest upon her

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Noticing the radiance of Christ

- Building a practice of noticing
- Delighting in the radiance of Jesus in others
- Look and name the fruit of the Spirit
- How can you do this more with your spouse/small group

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Shame

- "Is everywhere"
- Is universal and as old as the Fall
- Is attached to our identity
- Fractures our relationships
- Comes from sin and suffering

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Shame

- Captured by the images of outsider, naked and unclean
- Always leaves us feeling vulnerable
- Is uniquely met by the compassion of Christ
- Is transformed in our union with Him

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Resources:

- Shame Interrupted – How God Lifts the Pain of Worthlessness & Rejection. Ed Welch
- Being Known And Loved – Esther Liu
- A Biblical Theology of Shame – Andrew Fountain www.bibl.ca/shame/

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Resources:

- Created To Draw Near: Our Life As God's Royal Priests – Ed Welch
- Forbidden Fruit And Fig Leaves: Reading the Bible with the Shamed – Judith Rossall

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Resources:

- The Many Faces of Shame – Edited by Donald Nathanson
- So You've Been Publicly Shamed – Jon Ronson

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