

Seminar

Broken Image



Laura Perbet

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

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?

"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."

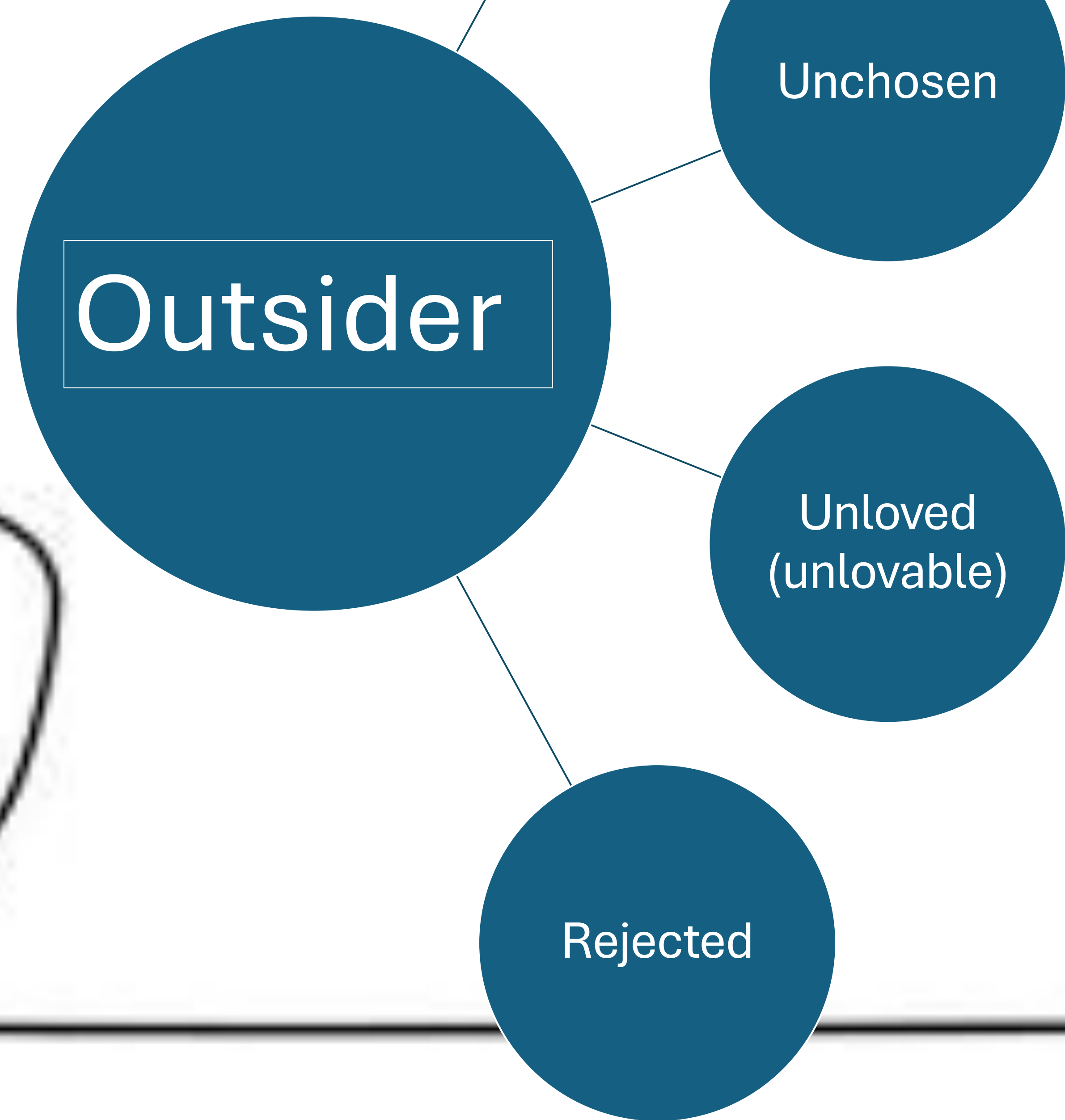
Jon Ronson – So You've Been Publicly Shamed 2016 pg 236

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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, filth, disgraced."

Ed Welch – Shame Interrupted

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Hiding

Naked

Exposed

Seen



Unclean

Defective

Vile

Contaminated

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

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

"Shame lives in community..."

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

The development of shame through the Bible

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

How Christ Enters Into Shame:

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

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.

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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The Bleeding Woman - Mark 5:21-34

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The Bleeding Woman - Mark 5:21-34

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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

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/

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

Resources:

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