

Untangling the Heart: Shame | Psalm 69:19-21

You know my reproach, and my shame and my dishonor; my foes are all known to you. Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. They gave me poison for food, and for my thirst they gave me sour wine to drink.

What Is Shame?

1. The difference between guilt and shame;
2. Shame is relational;
3. Honesty is the enemy of guilt and shame;

How Does Shame Motivate?

1. Hiding

- "And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden." (Genesis 3:8)

2. Self-loathing

- "When shame is warped, it becomes self-loathing. If guilt and shame have become my identity, then I can't imagine ever removing the stain I feel without removing myself. I am so defiled that I am fundamentally damaged and less than everyone else." (Groves and Smith)

3. Blameshifting

- But the Lord God called to the man and said to him, "Where are you?" And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." (Genesis 3:9-12)

How Does the Gospel Free Us From Shame?

1. In repentance we find:

a. Grace;

- "...looking to Jesus the founder 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." (Hebrews 12:2)

b. Identity;

- "God's grace is much more than an offer to remove guilt; it is the power to restore our identity, to provide a way home to true intimacy and fellowship with God." (Groves and Smith)

c. Forgiveness;

- "He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness." (1 Peter 2:24a)

d. Reconciliation

Benediction | Psalm 18:1-3

"I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies."