



“The Shame Game” August 14, 2022

Speaker: Pastor Mark Batterson

Scripture: Genesis 2 & 3

Sermon Overview: Shame is a story you tell yourself about yourself. Like a news ticker that runs in the background of our minds, we have shame scripts that say: “I am unworthy, I am unlovable, I am not enough, I am a mistake.” God says you are His workmanship, fearfully and wonderfully made, the apple of His eye, more than a conqueror. If you want to change your life, you have to change your story! You are who God says you are. To believe anything else is false humility.

Sermon Series Questions:

1. What mirror do you operate from? The true mirror of who God says you are or a distorted mirror? Which mirror do you take your identity queues from?
2. What narrative do you tend to tell yourself most– do you tend to fall into the trap of the shame game, fame game, or the blame game?

Sermon Specific Questions:

1. Who do you think other people think that you are? How does that influence how you see yourself, carry yourself, and relate to people? Who does God say that you are? How does that change how you should see yourself, carry yourself, and relate to people?
2. Adam and Eve were both naked and they felt no shame. What does it mean to stand naked in front of the Lord? What have you been trying to hide that the Lord sees anyway? What would it mean if you decide to show Him what you have been hiding?

3. What shame script are you repeating to yourself? How can you override that script with scripture? What can you do to remind yourself to interrupt that script with scripture?

Digging Deeper:

- James 1 says that the Bible is a mirror. Spend some time journaling or talking aloud with the Lord about what the Bible has reflected about you. Also, ask the Lord, “What else do you want me to see?”
- Get a comfortable position in front of the mirror in silence and ask the Lord, “Who am I, Lord? Who have you made me to be?” Can you spend fifteen minutes here? Can you spend twenty-five?
- The opposite of shame is vulnerability. Do you have a trusted person, with whom you could be vulnerable? Can you bring light to an area of shame by confessing the sin in that area? Pray with that person for the Lord to reveal the next steps in your healing journey. If you do not have a trusted person, reach out to ncc.re/care to meet one-on-one with an NCC Pastor or Prayer Partner (an experienced and trained layperson).
- Make an identity list. List the characteristics with which you identify (e.g. smart, wounded, etc). Now, go back through the list and see which ones do not agree with God’s perception of you. Do a google search of verses and write out verses that counter those lies that you are holding in your heart (e.g. wounded is transformed to ‘by His wounds I am healed’). Meditate on these verses for 21 days.

Practical Application:

- Download the NCC app or visit ncc.re/daily to listen to short, daily teachings M-F accompanying this series – Intentional.
- Join a small group ncc.re/groups to discover ways you can use your talents and passions to serve the various church campuses in-person and online.
- Make a Bible reading plan a daily discipline and connect with NCC Daily. (Download the [NCC app](#) to find our plan).