

UNASHAMED: Shame Off You

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The anatomy of shame

“Adam and his wife were both naked, and they felt no shame.”

—Genesis 2:25

The first emotion identified in the garden was shame! Why?
Because “NO SHAME” was the Manufacturer’s original design.

If we don’t see God correctly, we’ll see ourselves incorrectly!

Shame: an 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.

Shame makes us hide the parts of us where God is most present.

“For my weakness becomes a portal for God’s power.”
—2 Corinthians 12:10 (Passion Translation)

Shame does 3 things:

- Robs us of vulnerable relationships (with God and others)
- Steals our identity
- Blinds us to our purpose

The problem with a “not enough” mentality is that it often makes us hide from God when it should cause us to desire God more!

“To one he gave five bags of gold, to another two bags, and to another one bag,[a] each according to his ability.”
—Matthew 25:15

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
—John 10:10

“This man welcomes sinners and eats with them.”
—John 15:2

Question: Who is on the other side of your shame that needs a God with open arms? Or a YOU with open arms?

Name that SHAME (lie) and replace it with LIGHT.

“No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

—Romans 8:37-39

Where others say “Shame ON you”, God says, “Shame OFF you!”