

Series: The Gospel of Freedom and the Things That Hinder

Message: “The Shame Trap” Genesis 3:1-10

Central Thought: *Shame is the consequence of sin – specifically sin that has not encountered the sacrifice of Jesus. Unaddressed, it will destroy us: our future, identity, motivation, relationships and view of God.*

Word bank: *being, community, fake, fear, Garden, God, God, hiding, mouth, past, purpose, self, shame, sin, suffer, truth, victim*

- 1) Shame began in a **Garden**. vv.7,10
 - When sin entered the world, the first response was **shame**; the second, **fear**; and the third, **hiding**.
- 2) Shame has many causes.
Factors within ourselves.
 - Failure to separate doing from **being**.
 - Failure to separate feelings from **truth**.
 - Focus on the **past** vs. the future, reversing Philippians 3:13!
 - Failure to accept forgiveness.
 - Our view of **God**.Factors outside of ourselves.
 - Others’ words drown out God’s voice.
 - Rule-based measurements of faith.
- 3) Shame has multiple consequences.
 - Poor self-identity causes us to **fake**.
“I’ll show you a me that you will like.”
 - Motivation is lost.
“When shame is such a risk, why even try?”
 - Pessimism becomes our perspective.
 - Relationships **suffer**.
*“If you really knew me,
you wouldn’t want me with you.”*
 - God’s created **purpose** for us is trumped.
“God can’t use me – who cares why He made me?”
 - Adoption of a **victim** mentality.
“I expect rejection and being overlooked.”
- 4) Shame has different types to be identified.
 - Real shame from shameful actions.
 - Shame *made* real by others’ responses.
 - False shame from shameful feelings.
 - False shame from what we imagine others might think.
- 5) Some initial steps forward.
 - Remember the shame consequence of sin and determine to hate **sin**, not yourself.
 - Rehearse a Gospel perspective of **self**.
2 Corinthians 5:17
 - Rehearse a Gospel perspective of **God**.
 - Engage in honest Biblical **community**.
 - Guard your **mouth**. Ephesians 4:29

For LIFE Groups and personal reflection

- 1) What is a difference between being ashamed and feeling ashamed?
- 2) What is a difference between real and false shame?
- 3) When it comes to shame, why is it important to separate doing from being?
- 4) Read Psalm 103:10-12. How does this verse distinguish being and doing?
- 5) What is a danger of focusing on the past, particularly our sin and failures?
- 6) How have you acted in the past when you have felt ashamed?