

Shame Free Living

“Shame. Shame. Shame.” “Shame on you.” “You should be ashamed of yourself.” Unfortunately, we have all heard these phrases before.

The haunting, condemning voices of our soul’s enemy Satan, relatives, friends and acquaintances, and even ourselves, can ring loud and often in our minds.

Shame, according to Webster, is “a painful emotion caused by the consciousness of guilt, shortcoming or impropriety.” *In other words, shame hurts us because we or someone else has done something to hurt us and cause us to feel guilty and condemned. Shame slices and dices our hearts and spirits into tiny pieces of guilt and condemnation.*

Shame showed up in the Garden of Eden. Initially, Adam and Eve were without shame. Genesis 2:18-24 we find that our first parents lived shame free. Verse 24 states *“And the man and his wife were both naked and not ashamed.”* Adam and Eve walked with God in the garden in the cool of the evening. They had a spiritually intimate relationship with their Creator. They also had a sexually intimate relationship with each other which their Creator gave them to enjoy. *“Naked and not ashamed”*. No feelings of shame, guilt or condemnation in Paradise while Adam and Eve obeyed God.

But sin came and brought shame to mankind (Genesis 3:1-24). Choosing to willfully disobey God, Adam and Eve lost their innocence and were exiled from Eden. Ever since, throughout human history, shame has been the name of the game for all of us who have sinned and fallen short of God’s glory. (Romans 3:23, 6:23, 5:6-15).

Sin, whether it is someone sinning against us, or us sinning against ourselves, shames us. Shame-based living is an unhealthy, dysfunctional lifestyle that focuses on sinful, shameful situations that produce embarrassment, humiliation, guilt and condemnation. It has never been God’s will for us to live shamefully.

Satan loves to accuse us and make us feel ashamed. In Revelation 12:10-11 we read these words about our chief accuser and the victory we have over the devil in Christ.

“And I heard a loud voice in heaven, saying, “Now the salvation, and the power, and the kingdom of our God and the authority of His Christ has come; for the accuser of our brethren has been thrown down, who accuses them before our God day and night.

And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even to death.”

The devil is a finger pointer. He is the master of shame. He points his dastardly, crooked finger of condemnation at each of us declaring “shame on you sinner.” He accuses us before the Father all the time.

The good news for you and me is our accuser has been thrown down! God has destroyed Satan’s power and negated his accusations. How has he done it? Through Jesus Christ being our sinless representative before the Father. When God sees Jesus, we are declared innocent. His precious blood cleanses us. Our testimony of faith in Christ saves us from sin and the shame that accompanies it. THANK YOU JESUS FOR BEARING OUR SHAME SO WE DON’T HAVE TO!

Shame works to make us feel bad, dirty, unworthy, like something is wrong with us. Shame pressures us and tries to persuade us we deserve to be punished. There are two types of shame that we can experience.

1. Other-inflicted shame. *Someone did something to us that makes us feel ashamed.* Someone touched us inappropriately when young. Someone forced us to engage in behavior we knew was wrong. Someone embarrassed us publicly. Someone gossiped and lied about us to humiliate us. Someone judged us harshly and made us feel we displeased God. Someone caught us in a sinful situation, and instead of covering our sin and helping us to overcome it, they chose to broadcast it to others

2. Self-inflicted shame. *We did something to ourselves that makes us feel ashamed.* We chose to enter into conduct that violated God’s Word. We entered into sexual relationships that were impure and unholy. We gossiped about someone and ruined their reputation. We indulged in some secret sin. We lied about something that hurt someone else.

Whether shame is self-inflicted or other inflicted, shame can be overcome. God’s Word promises victory over shame.

Scriptures For Overcoming Shame

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit to of life in Christ has set you free from the law of sin and death.”

Romans 8:1-2

Jesus speaking to a woman caught in adultery. “And straightening up, Jesus said to her; “Woman, where are they? Did no one condemn you? and she said, “No one, lord.” And Jesus said, “Neither do I condemn you; go your way. From now on sin no more.”

John 8:10-11

“Behold the Lord God helps me. Who is he who condemns me? Behold, they will wear out like a garment; the moth will eat them.”
Isaiah 50:9

“Who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God who also intercedes for us.

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?(or shame).

Just as it is written, ‘For Thy sake we are being put to death all day long; we were considered as sheep to be slaughtered.

But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, or life, or angels, or principalities, or things present, or things to come, or powers, or height, or depth, or any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

Romans 8:34-39

“Beloved, if our heart does not condemn us, we have confidence before God...”

I John 3:21

“And your light will break out like the dawn, and your healing/recovery will speedily spring forth; and your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry, and he will say, “Here I am” if you remove the yoke from your midst, the pointing of the finger, and speaking wickedness.”

Isaiah 58:8-9

“And do not judge and you will not be judged; and do not condemn, and you will not be condemned; forgive and you will be forgiven.”

Luke 6:37

“A fool’s vexation is known at once, but a prudent man conceals shame.”

Proverbs 12:16

“To Thee O Lord I lift up my soul, O my God, in Thee I trust. Do let me be ashamed; do not let my enemies exalt over me. Indeed, none of those who wait for Thee will be ashamed; those who deal treacherously without cause will be ashamed.”

Psalm 25:1-3

“Do not fear, for you will not be put to shame; neither feel humiliated, for you will not be disgraced; but you will forget the shame of your youth.....”

Isaiah 54:4

“Then I shall not be ashamed when I look upon all Thy commandments.”

Psalm 119:6

“I sought the Lord, and He answered me, and delivered me from my fears. They looked to Him and were radiant, and their faces will never be ashamed.” Psalm 34:4-5

“In Thee O Lord, I have taken refuge; let me never be ashamed; in Thy righteousness deliver me.” Psalm 31:1

“Let my accusers be clothed with dishonor, and let them cover themselves with their own shame as with a robe.” Psalm 109:29

“Let me not be put to shame O Lord, for I call upon Thee; let the wicked be put to shame, let them be silent in Sheol.” Psalm 31:17

Seven Scriptural Steps to Shame Free Living

➤ If someone has shamed you...

- * Refuse to blame yourself for what is not your fault.
- * Refuse to take responsibility for another person’s irresponsibility.
- * Release the person who shamed you through forgiveness.
- * If appropriate, share your feelings with this person if it contributes to your healing process. If it will not, you don’t need to confront this person.
- * Pray for this person that they will not shame others.
- * Thank God this person has no power to shame you anymore.

➤ If you have shamed yourself.....

1. **Humble yourself** at the foot of Christ’s Cross and **realize** your shame was nailed there. Isaiah 53:1-10, Luke 23:34
2. **Confess** your sins and **receive** God’s grace, forgiveness, and cleansing for the shame you feel. I John 1:9
3. **Refuse** to listen to Satan’s condemning voice of shame, guilt, and humiliation.
4. **Release** through forgiveness people who have shamed you. Ephesians 4:29-32
5. **Forgive** and **release yourself** for self-inflicted shame.
6. **Resist** with the Holy Spirit’s help the temptation to return to shame-based living. I Corinthians 10:13
7. **Rejoice** and **thank God** daily that you are no longer ashamed of your life. Psalm 40:1-5, John 8:31-36

“For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day.”

II Timothy 1:12

Be set free from shame and live shame free the rest of your life!

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