

GHOSTS OF CHRISTMAS PAST - 2

SHAME

- **GUILT IS:** I _____ **BAD.**
- **SHAME IS:** I _____ **BAD.**

SHAME-BASED THINKING

- **We are vulnerable to** _____.
We attempt to silence our shame with error-free performances and find it difficult to admit failure.
- **We are** _____ **of ourselves making us critical of others.** We see our faults mirrored in others. We become judgmental of others and are perceived as self-righteous or arrogant.
- **We use** _____ **thoughts as a form of protection and escape.** We focus on the worst possible outcome, sabotaging opportunities and relationships.

“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth...”

Isaiah 54:4 NLT

If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

- **YOU’RE STILL BELIEVING YOU ARE** _____ **THAT GOD SAYS YOU ARE** _____.
- **THE ONLY WAY TO HEAL FROM SHAME IS TO MOVE THE FOCUS FROM WHAT I’M NOT TO WHO** _____ **IS.**

BECAUSE OF CHRIST

- **I AM NOT** _____.
- **BECAUSE OF CHRIST I AM** _____.

Then the LORD said to Joshua, “Today I have rolled away the shame of your slavery in Egypt.” ...

Joshua 5:9 NLT

“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth...”

Isaiah 54:4 NLT

Talk It Over

- We described shame as thinking, “I did bad, so I am bad.” What’s your first memory of feeling this way?
- What does your shame-based thinking sound like? What can you do to change it?
- Fill in the blanks with your new shame-free identity. I am no longer _____. Because of Christ, I am _____.