

SIDEXSIDE

People in Need of Change **Helping**

People in Need of Change



RECAP . . .

- **Shame:** The feeling that there is something wrong with us and the accompanying fear that we will be rejected or do not belong because of it.
- **Guilt vs. Shame**
 - **Guilt:** I made a mistake; I did wrong—focused on behavior
 - **Shame:** I am a mistake; something is wrong with me—focused on identity
 - Outside the Camp
- **Four Main Causes**
 - Our own sinful actions
 - Sinful actions done to us
 - Allegiances and associations
 - Micro-shaming over time
- **Shame hides and grows in the dark**
 - The disconnectedness of shame is self-reinforcing



THE VERTICAL STRATEGY: CONTACTING CHRIST

- As the unclean contact Christ, they become clean—not guiltless (Matt. 8:1-3)
 - From outside the camp to inside the camp—from disconnection to connection, from rejection to belonging
- As we are united with Christ, our identity in the Story changes:
 - Child of God (1 John 1:31)
 - Brother of Christ (Heb. 2:11)
 - Future Judge of Angels (1 Cor. 6:3)
 - Heir to the World (Rom. 8:16-17)
 - Citizen of a Different Community (Phil. 3:20; 1 Pet. 2:9-10)
 - Indwelt by the Presence of God (1 Cor. 6:19-20)



THE VERTICAL STRATEGY: DESPISING SHAME

- Association with Honor (Lk. 14:7-11)
 - We move away from associations that we feel will harm our perception by “the community” and toward associations that enhance it.
- Jesus, the Joyful Shame-Bearer (Heb. 12:1-4)
 - Jesus was intimately familiar with deep shame
 - Jesus despised, not avoided or erased, the ultimate shame of the cross, knowing who he was and where he was going.
 - Jesus only experienced exaltation and honor through humiliation and shame—and now he reigns.
- Our Shame and Christ’s Honor
 - As we come to know the majesty of Christ, understand the shame he endured, the victory he won, our future that lies ahead with him and the identity we now have because of him, our shame in this world can be despised and begins to fade—we now *belong* to greatness.
 - **Jesus redefines the boundary lines of “the community” into the only one that matters** (Heb. 12:22-24)



GOING OUTSIDE THE CAMP—WHERE THE STRATEGY “FALLS APART” (HEB. 13:11-14)

- The Painful Irony
 - We overcome our sense of being rejected and outside the camp by going outside the camp to associate with Jesus.
- The Peter Problem (Matt. 26:69-75)
 - The vertical strategy is often “ineffective” because we are ashamed of Jesus and the Gospel.
 - **Until we perceive the shame of Jesus to be great *for us*, our shame will continue to be great *in us*.**
 - At the end of the road, a clear picture of shame’s subtle counterpart emerges: pride expressed as fear of man.



THE HORIZONTAL STRATEGY: SHAME AND BEING KNOWN (PROV. 13:20; 18:24)

- Vulnerability: Being known through exposure
 - To heal, shame requires the very thing it desperately seeks to avoid: the light.
- Empathy: the ability to understand and/or share the feelings of another
 - Shame should be confessed to a wise believer who can *empathize*; therefore, not everyone is a good candidate to hear your shame, including:
 - **The friend who actually feels shame for you, gasps and confirms how horrified you should be.**
 - **The friend who responds with sympathy (“I feel so sorry for you.”) rather than empathy (“I get it, I feel with you and I’ve been there.”)**
 - **The friend who needs you to be the pillar of worthiness and authenticity, who can’t help because they are too disappointed in your imperfections.**
 - **The friend who is so uncomfortable with vulnerability that they scold, “How did you let this happen?”**



THE HORIZONTAL STRATEGY: SHAME AND BEING KNOWN CONT.

- **The friend who is all about making it better and, out of their own discomfort, refuses to acknowledge that you can actually make terrible choices (“You’re exaggerating. It wasn’t that bad.”)**
- **The friend who confuses connection with the opportunity to one-up you. (“Well, that’s nothing. Listen what happened to me...”)**
- **Community**
 - Because shame dismantles connection, overcoming shame requires pressing into a close network of transparent, vulnerable relationships—this doesn’t mean that everyone must know everything
 - This “integration” *literally* affects the brain, which also begins to reintegrate its operations in thought and action.



CLOSING THOUGHTS

- We must work through shame—it is impossible to numb the pain of shame without also numbing happiness and joy.
- Pursue horizontal and vertical strategies simultaneously.
- Remember that pride/fear of man is lurking in the background—don't overlook its importance or power in the healing process.

