

LIFE'S TOXIC GAME OF **FAME & SHAME**

WEEK FOUR: **THE SNEAKY THIEF**

Shame robs us of our peace and joy.

"Shame is a liar and a story-stealer."

Brené Brown, *Rising Strong*, (p. 96)

SERIES BIG IDEA:

We were not built for fame or shame, but to glorify God and to be satisfied in Him forever.

The two most common shame triggers:

- For men — appearing weak or wrong.
- For women — body image and mothering.

Shame is present when I don't want others to see what I've done or what's been done to me.

For all have sinned and fall short of the glory of God.

Romans 3:23 (NIV)

Shame is the deep sense that I am unworthy of love and belonging because of something I've done, something done to me, or something associated with me.

Shame is why I hide my insecurities.

¹ Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; ² so she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her." Abram agreed to what Sarai said. ³ So after Abram had been living in Canaan ten years, Sarai his wife took her Egyptian slave Hagar and gave her to her husband to be his wife. ⁴ He slept with Hagar, and she conceived.

Genesis 16:1-4 (NIV)

Shame causes us to justify our sins that cover our insecurities.

⁴...When she knew she was pregnant, she began to despise her mistress. ⁵ Then Sarai said to Abram, "You are responsible for the wrong I am suffering. I put my slave in your arms, and now that she knows she is pregnant, she despises me. May the Lord judge between you and me."

Genesis 16:4-5 (NIV)

- Shame provokes jealousy and envy.
- Shame points a finger of blame to keep others from seeing my shame.

⁶ "Your slave is in your hands," Abram said. "Do with her whatever you think best." Then Sarai mistreated Hagar; so she fled from her.

Genesis 16:6 (NIV)

Shame destroys the relationships that are best for us.

⁷ The angel of the Lord found Hagar near a spring in the desert; it was the spring that is beside the road to Shur. ⁸ And he said, "Hagar, slave of Sarai, where have you come from, and where are you going?" "I'm running away from my mistress Sarai," she answered. ⁹ Then the angel of the Lord told her, "Go back to your mistress and submit to her." ¹⁰ The angel added, "I will increase your descendants so much that they will be too numerous to count." ¹¹ The angel of the Lord also said to her: "You are now pregnant and you will give birth to a son. You shall name him Ishmael, for the Lord has heard of your misery. ¹² He will be a wild donkey of a man; his hand will be against everyone and everyone's hand against him, and he will live in hostility toward all his brothers." ¹³ She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me."

Genesis 16:1-13 (NIV)

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I can be secure and shame-free because I know that God sees and loves me.

²⁴...A large crowd followed and pressed around him. ²⁵ And a woman was there who had been subject to bleeding for twelve years.

²⁶ She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse.

²⁷ When she heard about Jesus, she came up behind him in the crowd and touched his cloak, ²⁸ because she thought, "If I just touch his clothes, I will be healed." ²⁹ Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. ³⁰ At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" ³¹ "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'" ³² But Jesus kept looking around to see who had done it. ³³ Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴ He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

Mark 5:24-34 (NIV)

TEACHING BIG IDEA:

I don't have to hide the truth when I trust that God sees me and still loves me.

Exposing the truth can hurt, but it will heal.

When I am secure in God's love for me, I won't be ashamed of what's true about me.



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TEACHING SUMMARY:

Shame is a sneaky thief that robs us of our peace and joy. Shame causes us to create false narratives about what is true because we want to hide what is true. We become ashamed of what we've done, what's been done to us, or what is associated with us. This creates a deep painful sense that we are unacceptable and unloved.

Hagar did not feel loved and did not feel like she belonged because of circumstances outside of her control. She had a deep sense that she was unloved and unacceptable. But God saw her. When she realized God saw her, she discovered that's who God is. He is a God who sees us and loves us.

When Jesus is in the middle of a passing crowd, an ashamed woman with a disease touches the trim of His robe and is immediately healed. Jesus questions who touched Him. The woman confessed the whole truth and Jesus tells her that her trust in Him healed her. We don't have to fear the truth. While the truth may hurt, it heals. When you are secure in God's love for you, you won't be ashamed of what's true about you.

TALK-IT-OVER:

When you think of shame what comes to mind?

What has led you to experience shame in your life?

What is hindering you from submitting that shame to God and trusting that He sees and loves you?

What is one next step you need to take today?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

Day 1) Genesis 2:23-25, 3:2-10

Day 2) Psalm 119:1-8

Day 3) Psalm 25:1-11, 20-21

Day 4) Galatians 5:13-26

Day 5) John 8:31-32, 14:6-7

Day 6) Psalm 44:20-21; Luke 16:14-15