

Recovering from Shame

Psalm 51:1-3 (TLB)

O loving and kind God, have mercy. Have pity upon me and take away the awful stain of my transgressions. ² Oh, wash me, cleanse me from this guilt. Let me be pure again. ³ For I admit my shameful deed—it haunts me day and night.

Shame describes a painful emotion caused by consciousness of guilt, shortcoming, or impropriety.

All of us have done something, or experienced something, we are not proud of. *Romans 3:23 (NLT)* says, “For everyone has sinned; we all fall short of God’s glorious standard.”

It is one thing to feel guilty about what happened, but it is another thing to feel ashamed.

Guilt means to feel bad about what you did, but shame is when you feel bad about who you are.

I. Everyone responds to shame differently

Researchers say that the most common responses to shame are to move away, move toward, or move against.

To move away means to respond to shame by hiding
Consider Adam and Eve in Genesis 3:8-10

To move toward means to respond to shame by people pleasing.
Consider Leah’s story in Genesis 29

To move against means to become defensive and attack.

Shame is a symptom of brokenness.

II. God can take us from shame to recovery

Jesus is the Master at mending the broken.

To mend means to fix, to heal, to restore, or to recover.

Zaccheus recovered from being a thief and became a generous giver. Consider Luke 19:1-10

Paul recovered from being a persecutor of the church and became an Apostle. Consider Acts 9

Moses recovered from being a murderer and became a deliverer of people. Consider Exodus 2:11-12 and Exodus 3

If Jesus can bring these people from shame to recovery, just imagine what He could do with me and you!

III. Going from shame to recovery is a process

To recover from shame, we must understand that God is merciful (v.1)
Psalms 145:8 (NLT) says, "The LORD is merciful and compassionate, slow to get angry and filled with unfailing love."

To recover from shame, we must admit our sins to God (v.3)
Proverbs 28:13 says, "A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance."

To recover from shame, we must allow God to wash and cleanse us from the guilt (v.2).
1 John 1:9 (MSG) says, "if we admit our sins—simply come clean about them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing."

Rhema Christian Center
Minister Tony Ransom
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9:30 a.m.