

# Busting Shame

## Luke 8:43-48

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Pastor Chris preaches from the CSB.

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### Biblical Premise

Many of the strongholds listed last week are really only symptoms of a greater stronghold of **shame**.

### Defining Terms

“Shame””: Has more to do with **who you are**.

“Guilt””: Has more to do with what you **did**

- Shame is the **residue** of your life.

### What Did Adam And Eve Do?

- They worked at covering their shame in their **own strength**.

### Shames Source

- Some act that you **participated in**.
- Some act **done to you**.
- Something you had **no control over**.

### Understanding Shame

- *“Shame is the deep sense that you are inherently **flawed, unacceptable, unworthy of love, because of something you have done, or something done to you, or something associated with you.**” - Dr Ed Welch -Shame Interrupted.*

### The Cure For Shame

- A proper understanding and application of the **good news announcement**.

Luke 8:43-48

- Normally when Jesus asks questions its not for information but **self-reflection**.
- Faith is an internal conviction expressed by an **external action**.

## 2 Actions To Bust The Stronghold Of Shame

1. Moment by moment rest in your **gospel identity**.
  - You are not **defective, damaged, or broken**, or flawed or dirty, or ugly or impure, disgusting or unlovable, or weak or pitiful, insignificant, and definitely not unwanted. Who am I? I am who Christ says I am. I am forgiven, free, redeemed, chosen, changed, blessed, beloved, I am more than a conqueror and I am a **child of God**.
2. My identity is what Jesus has **declared over my life**

*“If you want to know how much someone understands Christianity, find out how much they make of the Fatherhood of God.” - JI Packer*

- The anecdote for guilt is **repentance and confession**.

1 John 1:9

- The anecdote for shame is understanding **adoption**.

Ephesians 1:5

### Memorize

I am a disciple of Jesus. I am not my sin. I am who Jesus says that I am. I am **forgiven, adopted, changed, transformed, redeemed, loved, valued, cherished** and a child of God.

I am His son/daughter.