

A cinematic scene depicting Jesus with long brown hair and a beard, wearing a brown robe and a blue sash, kneeling on the ground. He is reaching out to help a woman who is also kneeling, wearing a blue dress and a brown shawl. In the background, several other people in traditional Middle Eastern attire are standing on stone steps. The overall tone is solemn and compassionate.

There is NO shame in Christ Jesus

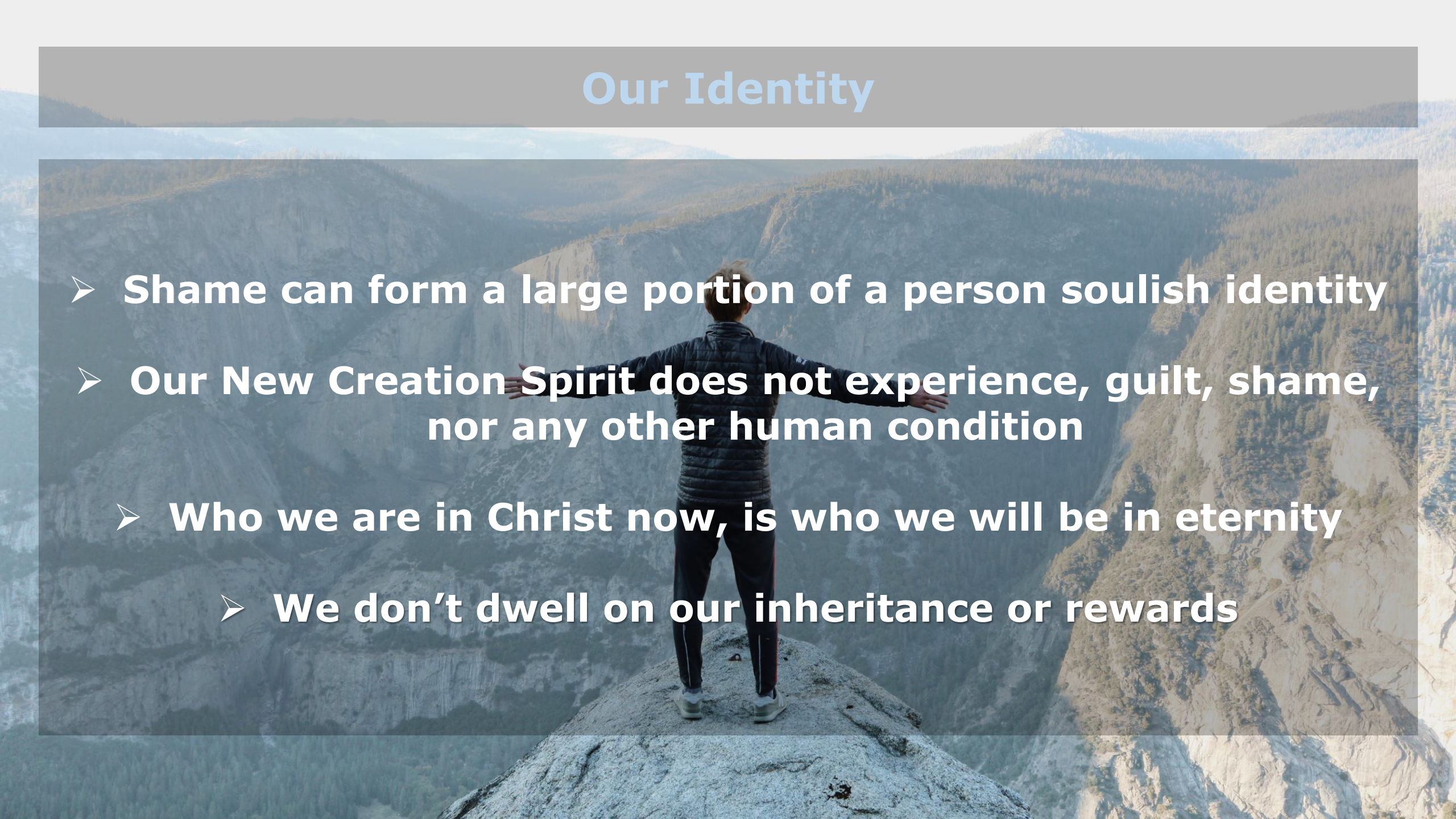
“My grace is sufficient for you, for my power is made perfect in weakness.”

2 Corinthians 12:9

Our Identity

- **We all have the same spirit, we are one in Christ**
- **Our gifts differ, as God has freely given us**
- **Our work differs, the work predestined by our Father**

Our Identity

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- A person is standing on a rocky peak, looking out over a vast mountain valley. The person's arms are outstretched, and they are wearing a dark jacket and pants. The background shows a deep valley with forested hillsides and a river winding through it. The sky is clear and blue.
- **Shame can form a large portion of a person's soulful identity**
 - **Our New Creation Spirit does not experience, guilt, shame, nor any other human condition**
 - **Who we are in Christ now, is who we will be in eternity**
 - **We don't dwell on our inheritance or rewards**

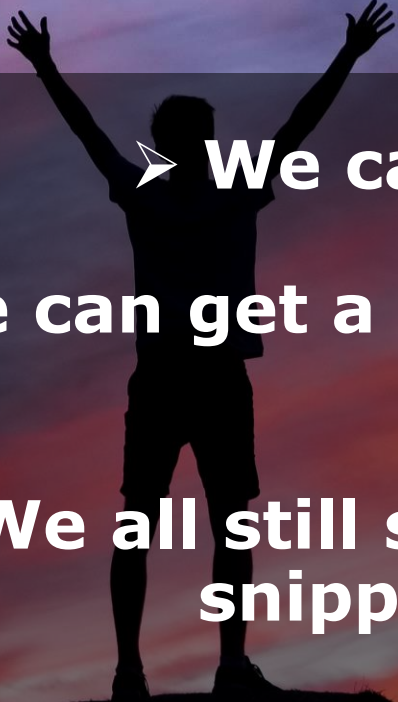


What is Shame?

Shame is defined as a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behaviour

- **Shame can be established via the foolish behaviour of another**
- **Deep shame is something that has really rocked you, really shaken you to the core**
- **Fleeting shame, comes via minor indiscretions**

Flesh or Spirit

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- **We can walk of the flesh or walk in the spirit**
 - **We can get a seared conscience by continually walking of the flesh**
 - **We all still sin, believe the wrong things at times, believe snippets of lies or untruths, no one is perfect**
 - **We have all fallen short and our flesh will never measure up**
 - **A seared conscience is diminished by the renewing of the mind, and walking in the spirit becomes an easier choice**

The background is a rich, colorful illustration of a garden. In the center, a man with long hair sits on a rock by a small stream. The garden is filled with various animals: a lion, a bear, a peacock, a monkey, a swan, a flamingo, a parrot, and several birds in flight. The scene is bathed in soft, golden light, suggesting a peaceful, idyllic setting.

Adam and Eve

- **The very first instance of shame in creation was felt by Adam and Eve**
- **This incident is the very reason we inhabit a fleshly body**
- **This incident caused Adam and Eve to have an instant consciousness of guilt and shame**

A hand with a dark skin tone is shown from the right side, pointing its index finger towards the Earth. The Earth is on the left, showing a curved horizon with blue oceans and brown/green landmasses. The background is a dark blue space filled with stars. The text is overlaid on a semi-transparent dark blue rectangular area.

Created in His Image

“So God created man in His own image; in the image of God, He created him; male and female He created them.”

Genesis 1:27

“Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.”

Genesis 1:28

The Garden


“See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food”; and it was so. Then God saw everything that He had made, and indeed it was very good.....”

Genesis 1:29-31

The Fall

“Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.”

Genesis 3:7

A silhouette of a person is shown falling off a cliff edge on the left side of the image. The background is a dramatic sky with a gradient from dark blue at the top to bright yellow and orange near the horizon, with scattered white and grey clouds. The overall mood is somber and dramatic.

“And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden.”

Genesis 3:8

“Then the Lord God called to Adam and said to him, “Where are you?”

Genesis 3:9

So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.”

Genesis 3:10

And He said, “Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?”

Genesis 3:11

Atonement

- **God gave them a way out of their shame straight away**
- **God redeemed them, by clothing them, God atoned for them**

"Also, for Adam and his wife, the Lord God made tunics of skin and clothed them."

Genesis 3:21

- **Adam and Eve were the first saints**

Victory

John 3:16

**“For God so loved the world that He gave His only begotten Son,
that whoever believes in Him should not perish but have
everlasting life.”**

Shame has no Favourites

Bad News

- Shame can become a major part of a person identity
- Shame is a universal condition, it can affect anyone
 - There are many varying roads to shame

Good News

- God's Forgiveness
- New Identity in Christ
- We can't have more of Him, but our flesh can emulate Him more! We are 100% Sufficient in Christ Jesus

What about us? How do we contend with shame, how do we get victory over shame?

- **Shame has a universal cure, and that cure is Christ Jesus**
- **The finished work of Jesus gave us a new creation spirit, and that spirit is 100% holy and righteous, it does not experience any guilt, nor any shame, and it's our greatest defence and extinguisher of shame**
 - **So how do we put the past in the past, how do we disenfranchise our today self, from the self of the past, or even recent events?**

The Really Good News

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

Hebrews 12:1-2

Faith

- **This statement is really just encouraging us, to just let it all go, to put aside every weight, and every sin that easily ensnares, so we can run with endurance, the race that is set before us**
- **We can let it all go, because Jesus did the work, His finished work**
- **It's by faith we are saved, it's by faith we keep our eyes forward on Christ, and His life in us, that's leading us. And it's also by faith that we let go of the past, deal with the past, and let the past be what it is....the past. We are putting aside every weight, so God can move us forward in life, the life He has destined us to live.**

A person is silhouetted against a bright, hazy sky at sunset or sunrise. Their arms are raised in a gesture of praise or worship. Numerous birds are seen in flight throughout the sky, some appearing as dark silhouettes and others as golden-orange shapes against the light. The overall mood is one of joy and freedom.

No Condemnation

“There is therefore now No Condemnation to those who are in Christ Jesus”

Romans 8:1

- **By no means, can be condemned for any sin, done, doing or going to do, because we are “In Christ”, and He took our penalty for sin**

Do Not Grieve the Holy Spirit

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”

Ephesians 4:30



- **We can grieve the Holy Spirit. The Holy Spirit is a person, and He intercedes for us continually, He prays for us, He is super involved in our lives**
- **Ultimately the biggest dismantler of shameful feelings is forgiveness**

Convicted of Righteousness

“And when He has come (The Holy Spirit), He will convict the world of sin, and of righteousness, and of judgment.”

John 16:8

- **We are continually being convicted of His righteousness**
- **He is saying, you are wonderful, you are holy, you are righteous, you are beautiful to me, you are my son, my daughter, I will never leave you, nor forsake you, I call you friend, I'm the lover of your soul, I have plans for you, I have given you a hope and a future, I am your councillor and I know your inner most thoughts, and when I look at you, I see the apple of my eye.**

Shame Vs God's Glory

Shame will tell you

You're worthless

You're hopeless

You're broken

You're never good enough

You'll never make it

You'll never measure up

To stop trying

To stop assuming you'll

have a good life

To just give up

To lay down in defeat

To walk around with your

head down

To assume to worst

God's Glory will tell you

You're Holy

You're Righteous

You're Loved

You're Forgiven

You're Made Perfect

You're a New Creation

You're Delighted in

You Have all Sufficiency

You're Complete

You're More than a

Conqueror

You're a son


You're a daughter

You're the Beloved

Clothed in His Glory

- We are clothed in His Glory, we aren't clothed in shame
- We just keep our eyes on Jesus, the author and finisher of our faith
- We meditate on the wonderful glory that we are born out of, and that we are made of, our **New Creation** person, the **Heavenly** person that we are
- We are seated at the right hand of the Father, in Glory

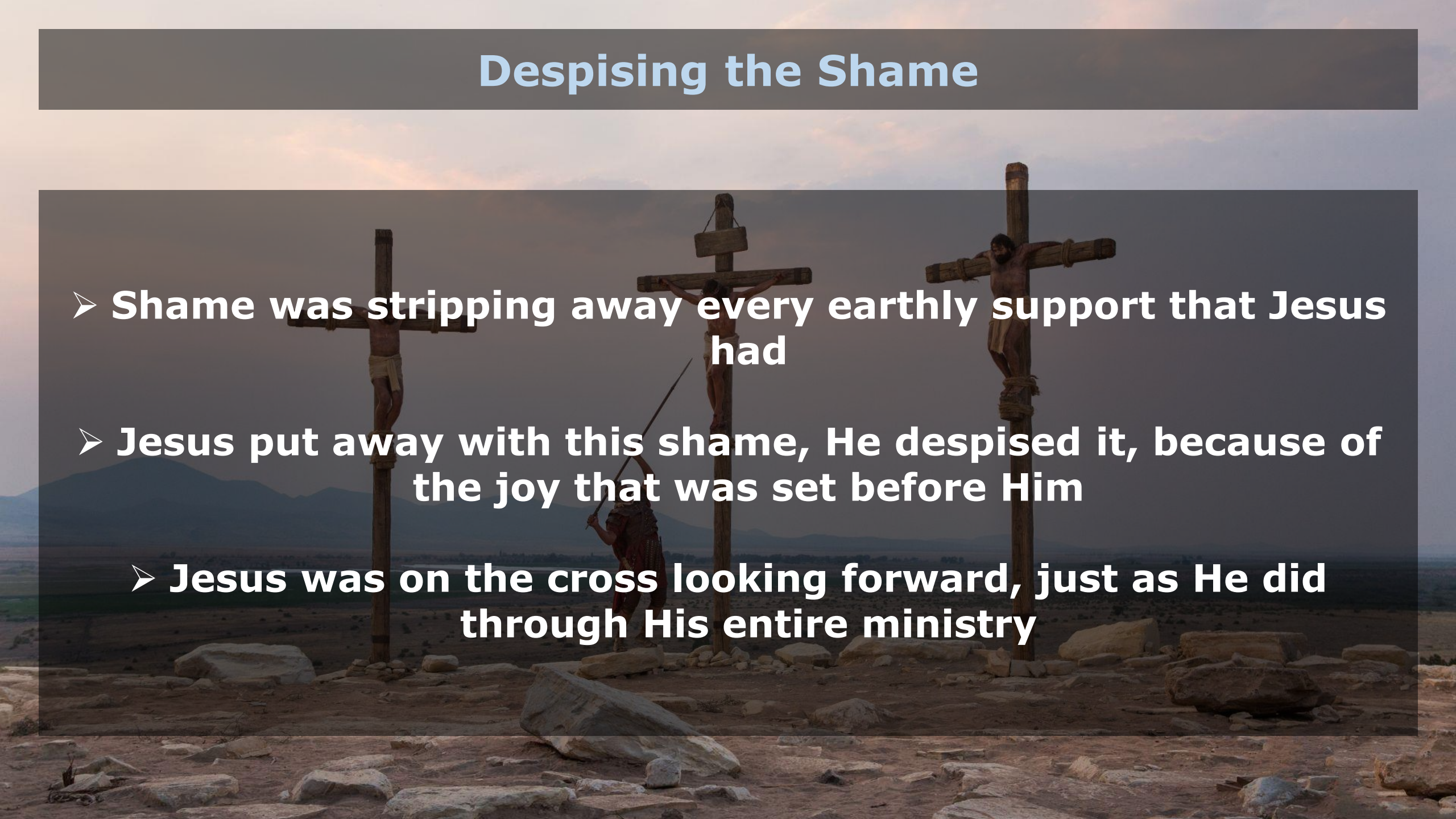
Despising the Shame



“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, **who for the joy that was set before Him endured the cross, despising the shame,** and has sat down at the right hand of the throne of God.”

Hebrews 12:1-2

Despising the Shame

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- **Shame was stripping away every earthly support that Jesus had**
 - **Jesus put away with this shame, He despised it, because of the joy that was set before Him**
 - **Jesus was on the cross looking forward, just as He did through His entire ministry**

What do we do with Shame?

- **We despise it, we disown it, we throw it to the gutter, we give it no life, we give it no breath, we give it no purpose**
- **What's done is done, and we move on, we don't linger there, we as Jesus did look eternally forward, we keep our eyes on Him, just as He kept His eyes on the Father**
- **The dignity of Jesus was stripped away on the cross, but with it, He took our indignity, and when He was raised up, He also raised us up in His heavenly dignity, His glory and His righteousness. He passed through death to life, and He brought us with Him**

His Glorious Riches

"And my God shall supply all your need according to His riches in glory by Christ Jesus."

Philippians 4:19

- **When we understand the grace, we have been given, the fullness of His love, and His wonderful counsel and comfort, well, when we have our eyes fixed on Christ, that is what we are seeing. We are gazing upon who we are in Him, we are gazing upon the Living Word that He is, we are gazing upon every promise, every truth of contentment, and every essence that gives us peace, tranquillity, and rest**

Everyone walks different

- **Everyone's walk with the Lord is different. Some run, some saunter along, some duck and weave, some take two steps forward and one step back....some find it mostly an uphill battle, and some jolly along with not much hinderance**
- **It's prudent to know that God isn't judging you, you are His sons and daughters, so don't compare yourself to others, because it can only breed either pride or degradation**



Emotional Healing

➤ **Its in God's timing**

➤ **Your journey and your process of healing is between you and God**

➤ **Your healing is done in God's strength, not your own**

God's Beloved

**“Behold what manner of love the Father has bestowed on us,
that we should be called **children of God!**”**

1 John 3:1

➤ **You are God's beloved on your worst day, in your worst moment!**