

Colossians 2:14-15 He canceled the record of the charges against us and took it away by nailing it to the cross. ¹⁵ In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross.

Romans 1:16-17 For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile. ¹⁷ This Good News tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the Scriptures say, “It is through faith that a righteous person has life.”

*All scripture is the NLT unless otherwise noted.

Check out these upcoming events:

DISCOVER 101 | Discover if Rock Family Church is a match for you and your family by learning more about our vision, history, core beliefs, doctrine, finances, culture, church government, and leadership.

- Woodmen- the *FIRST SUNDAY* of each month from 10-11 AM in the Vail Room
- South- the next Discover class will be held on December 2

GROW 201 | Are you interested in taking your walk with God to the next level? The GROW 201 class will answer all of your questions about Thrive discipleship and get you plugged into a group. Ready to take the next step?

- Woodmen- the *SECOND SUNDAY* of each month from 10-11am in the Vail Room
- South- second *TUESDAY* of each month from 7-8pm

BELONG 301 | In this class, you will learn more about becoming an official team member and joining a team to actively use your gifts to assist with the RFC vision. Get in the game and help us reach our city *ONE* life at a time.

- Woodmen- the *THIRD SUNDAY* of each month from 10-11am in the Vail Room
- South- the next Belong class will be held on December 2



Part 7: THE ANTIDOTE TO SHAME

11|11|2018

UNMASKING SHAME – Last week

1. Shame causes us to hide and conceal our true identity.
2. Shame blames.
3. Shame numbs our emotions and medicates.

New points this week

4. Shame _____ our value.
5. Shame _____ and deceives.

John 8:44b He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.

The Antidote To Shame

1. Break the silence. Expose the _____.

John 3:20-21 All who do evil hate the light and refuse to go near it for fear their sins will be exposed. ²¹ But those who do what is right come to the light so others can see that they are doing what God wants.”

1 John 1:5-10 This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. ⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth.

- Shame is broken when it is _____.

1 John 1:9-10 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

James 5:16 Confess your sins to each other and pray for each other so that you may be healed.

2. Let down the _____ and be vulnerable.

- *Vulnerability is _____, not weakness.*
- Vulnerable: Emotional risk, exposure, and uncertainty.
- We must recognize failure is not _____.

3. Be _____ before God and others.

Luke 14:11 For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Philippians 2:3-4 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too.

- The key to breaking the power of pride-fueled shame is the superior power of humility-fueled faith in the work of Jesus Christ.

4. Allow _____ to flow.

1 John 4:15-18 All who declare that Jesus is the Son of God have God living in them, and they live in God. ¹⁶ We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. ¹⁷ And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. ¹⁸ Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

5. Get spiritually _____ every day.

Ephesians 6:13-17 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴ Stand your ground, putting on the belt of truth and the body armor of God's righteousness. ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. ¹⁶ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

Romans 8:31-37 What shall we say about such wonderful things as these? If God is for us, who can ever be against us? ³² Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? ³³ Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. ³⁴ Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us. ³⁵ Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ³⁶ (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") ³⁷ No, despite all these things, overwhelming victory is ours through Christ, who loved us.

- What would you do if you knew you wouldn't fail?

6. Walk in the _____ Christ purchased.

Isaiah 53:5-6 But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. ⁶ All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all.

Hebrews 12:1-2 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.