



Part 6: UNMASKING SHAME

11|04|2018

NEXT WEEK - Part 7: The Antidote to Shame

Ephesians 3:12 Because of Christ and our faith in him, we can now come boldly and confidently into God's presence.

1. It is God's divine will that we live a _____ free life.

Genesis 2:25 Now the man and his wife were both naked, but they felt no shame.

Genesis 3:6-10 The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁷ At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

⁸ When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. ⁹ Then the Lord God called to the man, "Where are you?" ¹⁰ He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."

2. The goal of shame is to destroy God's _____ in us!

Genesis 1:26a & 27 Then God said, "Let us make human beings in our image, to be like us . . . ²⁷ So God created human beings in his own image. In the image of God he created them; male and female he created them.

Psalms 139:14 NIV I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

3. We were created to be "image bearers" of God, not "_____ bearers" of Satan.

GUILT VS SHAME

1. "Shame is the intensely painful feeling or experience of believing we are _____ and therefore unworthy of acceptance and belonging." Dr. Brene Brown
 - The root of shame: "I'm not _____ enough."
2. Rather than confess _____ they did (guilt), Adam and Eve tried to hide _____ they were (shame).
3. Two options when we feel guilty: Run to God for forgiveness, or run _____ God in unworthiness (shame).
4. Shame Breaking Revelation: God already _____ everything about you and He still loves and accepts you!

Hebrews 4:15-16 This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Hebrews 4:13 Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

Colossians 1:19-22 For God in all his fullness was pleased to live in Christ,²⁰ and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross.²¹ This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions.²² Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.

UNMASKING SHAME

1. Shame causes us to _____ and conceal our true identity.

2. Shame _____.

Genesis 3:11-13 "Who told you that you were naked?" the Lord God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?"¹² The man replied, "It was the woman you gave me who gave me the fruit, and I ate it."¹³ Then the Lord God asked the woman, "What have you done?" "The serpent deceived me," she replied. "That's why I ate it."

3. Shame _____ our emotions and medicates.

*All scripture is the NLT version unless otherwise stated.

Check out these upcoming events:

SAVE THE DATE: VOLUNTEER APPRECIATION NIGHT | Join us on Friday, November 9, 2018, 6:30 PM at the Woodmen Campus for a Volunteer Appreciation Dinner in honor of all who serve at Rock Family Church. Space is limited – deadline to register is TODAY!

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- November 4, 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- 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- third Sunday of each month from 10-11am in the Vail Room
- South- the next Belong class will be held on December 2