

Do Your Feelings Matter?

Shame
Genesis 3

Grace Bible Church
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Introduction: As Gen 3 reveals guilt and shame have been around almost as long as humanity has existed, however, it appears that the power of shame has been _____ in our current age because of the _____ of social media.

- We see evidence of this in the rise of _____ in children between 14-18 years of age- especially among girls. "We found that girls who started using social media at two to three hours a day or more at age 13, and then increased [that use] over time, had the highest levels of suicide risk in emerging adulthood," said study author Sarah Coyne. Associate director of the school of family life at Brigham Young University in Provo, Utah.
- We see this in the prevalence of _____. Cancel culture is defined as the practice of "canceling" or withdrawing support for public figures after they have done or said something objectionable or offensive. It's a way to boycott certain people, usually a celebrity or influencer, by not watching, supporting or sharing their content online in the hopes of receiving an apology or change for the community the creator wronged.
 - Guilt requires evidence.
 - Shame requires allegation.
- We see it in politics in the art of _____ - Difference between smear and truth often lies in the motivation behind, and scale of, the response. Expert smear artists take a sprinkle of truth and pervert it into a weapon of mass destruction to advance a larger goal, often political or financial. That's what truly defines today's smear: its purpose is rooted in annihilation. It uses propaganda tools to amplify a misdeed out of proportion."
 - How to recognize: a smear outfit zeros in on its enemies, but gladly overlooks the same behavior in its friends.

Key thought: Shame is overcome when we _____ the embrace of Christ. To do this we must identify and overcome shame.

- I. Shame is a sense of _____. The deep sense that you are unacceptable because of something you did, something done to you or something associated with you. You feel exposed and humiliated. You are disgraced because you acted less than human, you were treated as if you were less than human, or you were associated with something less than human and there were witnesses. Shame feels like it is always exposed. Shame is not a mirage, it is very real. Ed Welch
 - A. Shame is seen in change in the behavior in Adam and Eve. "And the man and his wife were both naked and were not ashamed." (Genesis 2:25, ESV) "Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths." (Genesis 3:7, ESV)
 1. The clothed themselves
 2. They justified themselves by blaming others
 - B. Shame is often experienced by our desire to isolate and hide. Shame is a prideful response. We hide in clothes of our own making.
- II. There are three kinds of shame.
 - A. _____ shame: "Shame is the fear of disconnection- the fear that we're unlovable and don't belong. Brene' Brown. This can be the result of our sin (Adam and Eve) or other's sin- Ezra 8:21-22. Ezra's shame would result from imagining the king's reaction were Ezra to ask him for assistance in returning to Jerusalem
 - B. _____ or cultural shame: Within any culture certain behaviors and characteristics are regarded as either shameful or honorable and this can change over time. #metoo addressed behavior that had gone on for years in all industries and businesses. (Nehemiah 1:3, ESV) "He who does violence to his father and chases away his mother is a son who brings shame and reproach." (Proverbs 19:26, ESV)
 - C. Theological or _____ shame directly associated with a violation of God's character. "But the Lord is with me as a dread warrior; therefore my persecutors will stumble; they will not overcome me. They will be greatly shamed, for they will not succeed. Their eternal

dishonor will never be forgotten.” (Jeremiah 20:11, ESV)

- III. Shame and guilt are related, but they are _____. When we violate God’s law we should feel shame- it alerts us that something is wrong.
- A. It is possible to be guilty and feel no shame (dangerous). “For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.” (Philippians 3:18–19, ESV)
 - B. It is possible to be not guilty and feel shame (paralyzing). It is wrong to feel guilty about a child’s misdeeds but we can be ashamed of them. See above.
 - C. Guilt focuses on a person’s actions or behavior- I did _____ I am guilty
 - D. Shame focuses on a person’s worth- I am _____.

- IV. Shame find its power in _____. When Adam and Eve bit the fruit their first instinct was to hide from God and hide from one another (3:7-11). They stood guilty before God and were vulnerable to each other in a way they had not been before. Suddenly they were weak damaged people living in a dangerous world. They found themselves under God’s righteous judgment (3:17-19) exposed to other sinners judgment and rejection and wide open to the condemning accusations of the evil one (REv. 12:10): We are today in the same boat with the same instincts.

Because sin is alive in our bodies (Rom. 7:23) because we are beset with weaknesses (Hebrews 5:2) the kind of shame we often experience is a combination of failure and pride. We fail morally (sin) we fail due to our limitations (weaknesses), and we fail because creation is subject to futility and doesn’t work right (Romans 8:20). Also we fail to live up to others expectations. Because we are full of sinful pride we are ashamed of our failure and weaknesses and will go to almost any length to hide from others. Jon Bloom

- V. Shame’s power is _____ in the cross. Good theology leads to good practice.
- A. Because of Christ we have access into God’s throne room. We are no longer worthless, unclean or rejected. (Hebrews 10:19–25, ESV)
 - B. Because of Christ I am clothed with Christ’s righteousness. “And the Lord God made for Adam and for his wife garments of skins and clothed them.” (Genesis 3:21, ESV) (Zechariah 3:1–5, ESV)
 - C. In Christ there is cleansing (1 John 1:9) shame makes us feel dirty
 - D. In Christ all of God’s promises are yes (2 Corinthians 1:20) shame makes us feel unworthy
 - E. All the grace that flows from these promises to us through faith are all sufficient and abounding and provide for all our other shameful weaknesses (2 Corinthians 9:8, ESV)
 - F. The power of shame is broken by humility born of the work of Christ. His grace is sufficient for our weaknesses (2 For 12:13) Christ is our righteousness (Phil. 3:9)
 - G. I use these truths to fight the lie of shame- (2 Corinthians 10:4–5, ESV)

Conclusion: Guilt is paid for by the sacrifice of Christ shame is removed by the _____ of Christ. These cannot be separated.

- The woman at the well had been marred numerous times came at the heat of the day to avoid comments and looks of her neighbors. Christ approached her and began to speak with her. He was not ashamed to be seen with her.
- The woman with a bleeding issue that left her permanently unclean which mean that anything or anyone who touch her had to be cleansed and wash touched Christ and while she believed he could heal she didn’t want to be known. She touched him and not only did Jesus not recoil, he sought her out.
- Peter who denied Christ What happened to Peter- Jesus cooked a meal and approached Peter. “He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep.” (John 21:17, ESV)
- How does Christ embrace people today? Through His body, _____
“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.” (Galatians 6:1, ESV) (1 Corinthians 1:26–29, ESV)