**BETTER TOGETHER** in 2022

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**Fill Up**

**The Emptiness of Shame**



Guilt – focus on behavior that did not live up to our values.

Guilt says: “I’m sorry.”

Shame – feeling or experience of believing we are flawed and therefore unworthy of love and belonging.

Shame says: “I’m sorry. I am a mistake.”

Shame is a **story** found throughout scripture.

Adam and Eve (Genesis 3)

Bathsheba (2 Samuel 11)

Ahitophel (2Samuel 15-17)

Bleeding Woman (Luke 8)

Woman at the Well (John 4)

Peter wept bitterly (Luke 22)

We feel **shame** because of what we have done, what we have not done, and what has been done to us.

A life filled with shame is a life that feels **empty**

Shame empties you of your significance.

Shame brings emotional pain.

Shame drives us to medicate the pain.

Shame causes us to hide.

Never alone with shame – the **enemy** is always present.

…*the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil.*

*1 John 3:8*

Shame **does not** belong in the kingdom of God.

*but he answered his father, ‘Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!’  And he said to him, ‘Son, you are always with me, and all that is mine is yours.*

*Luke 15:29-31*

Jesus did not just die for your sins, He **died** for your shame.

*…looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

*Hebrews 12:2*

Jesus was shamed on the cross – spit on, beaten, naked.

Imagine beaten to a pulp, then hung naked in front of your friends, family, coworkers, acquaintances.

Become “Sick and **tired** of being sick and tired.”

*So if the Son sets you free, you will be free indeed.*

*John 8:36*

Fill up on **compassion**.

*There is therefore now no condemnation for those who are in Christ Jesus.*

*Romans 8:1*

Fill up on **courage**.

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

*Ephesians 2:10*

Fill up on **community**.

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, cleanses us from all sin.*

*1 John 1:7 ESV*