

Haunted By Your Past? #1

“Don’t Be Spooked By Shame”

Genesis 2-3; Hebrews 12:1-3

The Essence of Shame

Guilt occurs when we feel bad about what we have d_____; shame occurs when we feel bad about who we a_____.

Shame says, “You are w_____! You are no g_____!”

Jeremiah 3:3; 6:15; 8:12 - Shame can be good when it lets us know that something isn’t r_____.

1 Corinthians 6:5-6; 4:14 - Paul used shame to point out their wrong b_____; he did not attack their w_____.

“To be h_____ is to be infected with shame.”

The Effects of Shame

Genesis 2:25 - “The man and his wife were both naked, and they felt no s_____.” (This was before they sinned.)

Genesis 3:7-8 - When Adam and Eve sinned, they tried to h_____ from each other and from God.

Genesis 3:9-13 - Shame and b_____ were two immediate results of Adam and Eve’s sin.

Guilt moves us to others for r_____; shame drives us from others into i_____.

The Elimination of Shame

Psalms 51:5 - Shame is real because we are s_____ from birth.

Hebrews 12:1-2 - Jesus took our s_____ and s_____ on the cross.

Sin is shameful, but Jesus took our s_____ away. We can come out of h_____ from God and from each other, knowing that we are not w_____, but are children of God.

Word Search - Hebrews 12:1-3

D C D U G R O W N T Y W W E O S
 S S W Y H S B P H R D H N H W U
 H E R W N G U R P W E D E A H C
 S L G E P W O R E O U A A N L H
 C G E V T W R A R R S E S D D P
 O N W M A C R M E O C I L I E H
 R A E I A Y E D I N U F T R L R
 N T Y H T H E F A S N N O I O Y
 I N E U A N S R R D I F D W O B
 N E S N O U E N U E E N V E U N
 G Y C R W V T S M B P D F B D K
 M M H A E O S H S A E I U U I P
 I T A S R O D I O E R S K O L B
 U T R R I G H T I R S K O B L D
 J E S U S S R E D N I H E L I C
 P Y R B S S O R C O N S I D E R

AUTHOR	GROW	RIGHT
BEFORE	HAND	SCORNING
CLOUD	HINDERS	SHAME
CONSIDER	JESUS	SINFUL
CROSS	LOSE	SUCH
DOWN	MARKED	SURROUNDED
EASILY	OPPOSITION	THRONE
ENDURED	PERFECTION	THROW
ENTANGLES	PERSEVERANCE	WEARY
EYES	RACE	WITNESSES

Don't be spooked by shame!



Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated.

(Isaiah 54:4)

Haunted By Your Past?



Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

(Hebrews 12:2)