

Overcoming Shame

Session Two

A Snapshot of Shame

- ❖ Prov. 12:16 Prudent man covers shame
- ❖ Num. 12:14 Spit in the face
- ❖ 2 Sam. 13:13 Sticks like glue
- ❖ Prov. 19:26 Comes most often in family
- ❖ Verbs: Put/Bear
- ❖ Opposite: Glory
 - Ps. 4:2; Phil. 3:19; Hos. 4:7; Hab. 2:14-16
- ❖ Glory:
 - 2 Thess. 2:14; Col. 1:27; 2 Pet. 1:3; 1 Thess. 2:12;
1 Pet. 4:14
- ❖ Cross = Key:
 - Heb. 12:2; 13:13; Ps. 69:20

A Snapshot of Shame: Causes

- ❖ Rejection of dad Num. 12:14
- ❖ Sexual abuse 2 Sam. 13:13
- ❖ Pride Prov. 11:2
- ❖ Sin Prov. 14:34
- ❖ Impulsiveness Prov. 18:13; 13:18
- ❖ Family rebellion Prov. 19:26
- ❖ Left on your own Prov. 29:15

Genesis 34

- ❖ v. 2 Took her (violence)
- ❖ v. 2 Violated her (safety)
- ❖ v. 2 Humbled her
- ❖ v. 7 Disgraceful thing
- ❖ v. 7 Senseless thing
- ❖ v. 7 Ought not to be done
- ❖ v. 31 Treated like harlot

2 Samuel 13

- ❖ v. 2 Predator (even family member)
- ❖ v. 3-7 Deceit vs. Innocence
- ❖ v. 8-11 Trap
- ❖ v. 12-13 FIVE BASIC WORDS
- ❖ v. 14 Force
- ❖ v. 15 Real force exposed
- ❖ v. 16 Abuse pattern established
- ❖ v. 18-19 Loss
- ❖ v. 22 Family silence

10 Steps to Healing

(Courtesy of Jan Frank)

- ❖ Face the Problem
- ❖ Recount the incident(s)
- ❖ Experience the feelings
- ❖ Establish responsibility
- ❖ Trace behavior difficulties, problems
- ❖ Observe others, educate yourself
- ❖ Confront the aggressor
- ❖ Acknowledge forgiveness
- ❖ Rebuild self-image, relationships
- ❖ Reach out to others

10 Common Symptoms of Sexual Abuse

- ❖ Real depression
- ❖ Real anger
- ❖ Deep fear, anxiety
- ❖ Guilt/shame
- ❖ Difficulty establishing relationships
- ❖ Repeated victimization
- ❖ Significant gaps in early memory
- ❖ Shut off or over-controlled emotions
- ❖ Sexual problems
- ❖ Poor or no self-image (identity)

Deeper Symptoms of Sexual Abuse

- ❖ Sexual disgust
- ❖ Sexual addiction
- ❖ Faulty beliefs or value systems
 - Worthlessness
 - Materialism
 - Atheism
- ❖ Confusing walls and boundaries
- ❖ Chronic physical problems
 - Obvious
 - Seemingly unrelated
- ❖ Compulsive disorders
 - Alcohol, drugs, eating disorders, workaholism

From Shame to Glory

❖ Shame is the biblical opposite of glory

- Ps. 4:2 How long . . . will you turn my glory
to shame?

- Hosea 4:7 I will turn their glory into shame

- Hab. 2:14 The earth . . . filled with the
knowledge of the glory of the Lord

- Hab. 2:16 You are filled with shame instead of
glory

We Share His Glory!!

- ❖ Col. 1:27 . . . Christ in you, the hope of glory.
- ❖ 1 Th. 2:12 . . . that you would walk worthy of God who calls you into His own kingdom and Glory.
- ❖ 2 Th. 2:14 . . . to which He called you by our gospel, for the obtaining of the glory of our Lord Jesus Christ.
- ❖ 1 Pet. 4:14 If you are reproached . . . the Spirit of glory and of God rests upon you.
- ❖ 2 Pet. 1:3 . . . as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by [through/to] [His] glory and virtue . . .
- ❖ 1 Pet. 1:8 . . . whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible, full glory
- ❖ 1 Pet. 5:10 . . . who called [you] to His eternal glory . . . after you have suffered a while, perfect, establish, strengthen, settle you