



How often have we heard it? "Shame on you!" The words are a curse, a spell others cast on us. It's a spell we learn to cast on ourselves, the creepy, crawling muck drips like black ink from our heads to our toes. Whether the spell is cast with a look, certain words, a tone of voice, or an old message inside our heads, it's there until we do something about it. The spell says, "What you did isn't OK, who you are isn't OK, and nothing you do will change that. "Shame on you."

Melody Beattie

Behold, at that time I will deal with all your oppressors. And I will save the lame and gather the outcast, and I will change their shame into praise and renown in all the earth.

Zephaniah 3:19 (ESV)

## **I. WHAT SHAME IS**

Guilt says I've done something wrong; shame says there is something wrong with me. Guilt says I've made a mistake; shame says I am a mistake. Guilt says what I did was not good; shame says I am no good.

John Bradshaw

**Stop believing the lies the enemy is telling me about who I am!**

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10 (NLT)

## **II. THE STORY OF DAVID AND MEPHIBOSHETH—2 SAMUEL 9:1-12**

## **III. HOW GOD CAN TRANSFORM MY GUILT AND SHAME INTO PRAISE**

- 1. Realize that my worth is given to me by God and not based on what I do, what others think of me, or what has happened to me**

You made all the delicate, inner parts of my body and knit them together in my mother's womb. Thank you for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvelous—and how well I know it.

Psalms 139:13 (TLB)

## **2. Accept that God loves me and blesses me—not because I deserve it—but on behalf of another—His Son Jesus Christ**

Praise the God and Father of our Lord Jesus Christ! Through Christ, God has blessed us with every spiritual blessing that heaven has to offer. Before the creation of the world, he chose us through Christ to be holy and perfect in his presence. Because of his love he had already decided to adopt us through Jesus Christ. He freely chose to do this so that the kindness he had given us in his dear Son would be praised and given glory.

Ephesians 1:3-6 (GOD'S WORD)

**But the Bible shows we're unworthy of God's grace and can't earn it. What we cannot earn we cannot lose. We can't stop deserving his grace since we never deserved it in the first place.**

**Randy Alcorn**

## **3. Know that the Lord will do what I cannot—forgive and remove all my guilt and shame**

Our God, you bless everyone whose sins you forgive and wipe away. You bless them by saying, "You told me your sins, without trying to hide them, and now I forgive you." Before I confessed my sins, my bones felt limp, and I groaned all day long. Night and day your hand weighed heavily on me, and my strength was gone as in the summer heat. So I confessed my sins and told them all to you. I said, "I'll tell the Lord each one of my sins." Then you forgave me and took away my guilt.

Psalms 32:1-5 (CEV)

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Romans 8:1-2 (NIV)

For I will forgive their wickedness and will remember their sins no more.

Hebrews 8:12 (NIV)

Don't be afraid, because you won't be put to shame. Don't be discouraged, because you won't be disgraced. You'll forget the shame you've had since you were young...Your defender is the Holy One of Israel. He is called the God of the whole earth.

Isaiah 54:4-5 (GOD'S WORD)

## **4. God invites you to feast at his table forever**

You will eat and drink at my table in my kingdom. You will also sit on thrones and judge the twelve tribes of Israel.

Luke 22:30 (GOD'S WORD)

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 4:16 (NLT)