

# Shepherding through Shame

MINISTER WEBINAR

Apostolic Christian Counseling & Family Services

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*<sup>8</sup> And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.*

*<sup>9</sup> And the LORD God called unto Adam, and said unto him, Where art thou?*

*<sup>10</sup> And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

*<sup>11</sup> And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?*

*Genesis 3*

That we, following God's example, would be those who call people out from hiding.

OUR ASPIRATION

## Five Questions

- What is shame?
- Where does shame come from?
- What are the effects of Shame?
- What are a few things to remember about shame?
- How do I encourage a person struggling with shame?

## What is shame?

Strong negative emotion that arises from disappointment in oneself.

**Common biblical use:**  
"Negative emotion that arises from doing wrong."

**Toxic shame:** "Negative emotion that arises from believing that one is a mistake."

## Two uses of "Guilt"

### Legal standing

- Example: John is guilty.
- Common biblical use

### As an emotion

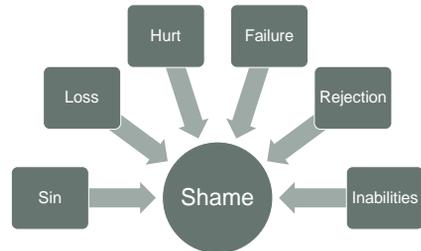
Example: John feels guilty.  
Contrasting the emotions of Guilt and Toxic Shame

- Guilt stems from truth and shame stems from lies.
- Guilt says I made a mistake while shame says I am a mistake.
- Guilt intends to draw us toward God while shame intends to push us away from God.
- Guilt seeks reconciliation while shame leaves us condemned.
- Guilt suggests there is hope while shame suggests there is no hope.

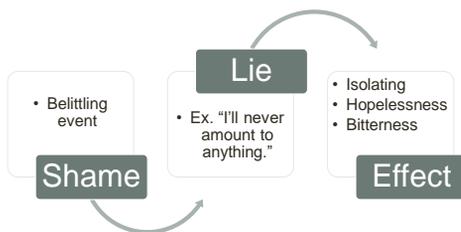
## Working definition of Shame

The idea that a person is, at their core, bad, unwanted and beyond repair.

## Where does Shame Come From?



## What are the Effects of Shame?



## What are a few things to remember about shame?

Shame shames.

Shame acts as a negative "script" that runs in our heads.

We will shame and will be shamed.

Even a non-shaming intent can incite shame.

Shame plays on lies and perpetuates lies.

## How do I Encourage a Person Struggling with Shame?

•Reverse their shame "script". Counter their lie with truth.

•Honor the essence of their "being" apart from their behavior or circumstances.

•Don't give up. Be patient.