

# DEALING WITH SHAME

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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 receive 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.

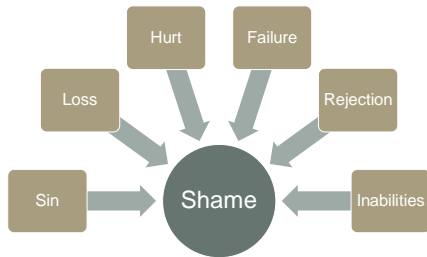
**Common biblical use:**  
"Negative emotion that arises from doing wrong."

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

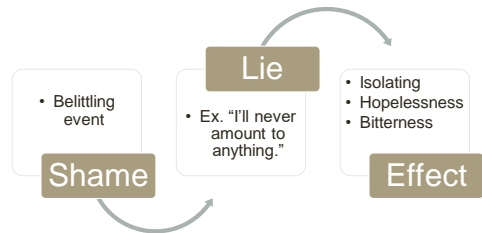
## Working Definition of Shame

The negative feeling that arises when we are disappointed in ourselves and propels us away from the source of our healing.

## Where does Shame Come From?

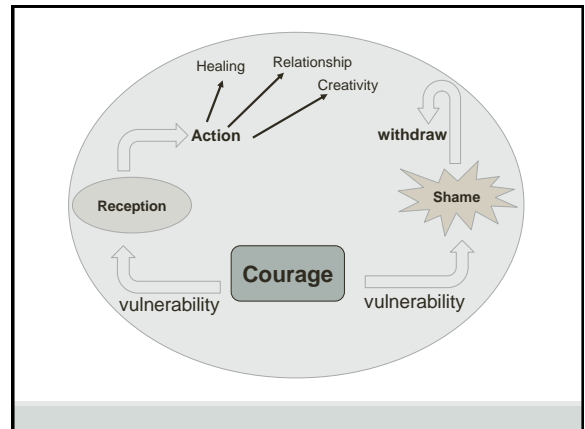


## What are the Effects of Shame?



## 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.
- Communicate to them that you "want them on your team."

