



Your dark emotions are much more than just uncomfortable feelings you struggle to control. They are windows into your heart. These emotions—the ones you tend to deny and hide—actually have something to tell you. They can reveal, in a very graphic way, where you are in your relationship with God. So often you find yourself caught between extremes—either you feel too much or not at all. You tend to ignore your feelings or fight them off as if they were an enemy. But all emotion—whether positive or negative—can give you a glimpse of the true nature of God; bring awareness to your cry for help and your need for God himself.

Highland Colony Men's Roundtable
www.MensTable.com

GROWING IN AWARENESS: 6 EMOTIONAL DEFENSES TO THREAT

LOVE: The Power of Toxic Shame

Summary: A Man understands that shame will remove him from the love of God

Bible Verses: Psalm 44:13-26, Psalm 83:16,17, Psalm 97:7, Psalm 4:2, Isaiah 29:22, Isaiah 42:17, Isaiah 44:9-20

Music: Johnny Cash – Hidden Shame

Video: 6 Types of People Who Do Not Deserve to Hear Your Shame Story | Super Soul Sunday | OWN

Resources: *The Cry of the Soul* by Dr. Dan Allender & Dr. Tremper Longman III

August 04, 2016

THE FLIGHT RESPONSE TO LOVE GONE BAD: A PICTURE OF SHAME.

1. _____ > Shame is an acid that strips you of your dignity and dissolves hope. No other emotion better portrays hell—the utter loss of intimacy, wonder, and joy. Shame is so painful that you react against it perhaps more than any other difficult emotion. Shame creates an absorption with self that can make you feel as if you are downing in quicksand. Shame attacks the self in terms of its identity. “I am a ...” is the syntax of shame.
2. _____ > Shame will move you to fly to the sanctity of your inner world. You escape through the wish of invisibility, the fantasy of shrinking into the wall. Dissociation means “I’m out of here!”
3. _____ > Shame lashes out to destroy the self. The desire is to “kill the enemy.” What is the enemy: the deficiency, inadequacy, or imperfection of Self ... OR, a failure of trust, a refusal to rely on something or someone outside of yourself.

THE FLIGHT RESPONSE TO LOVE GONE BAD: Definition of Shame.

1. _____ > Shame is the traumatic exposure of nakedness, i.e. betrayal, doing something stupid, exposed. You feel bad about yourself due to the failure of others to offer “good enough” care.
2. _____ > You view yourself as flawed and defective.
3. _____ > Shame is rooted in your inherent preference to trust false gods rather than depend on God for each and every moment of your existence. “I was shamed rather than sorry because in the instant of “transgression” I sinned against my true god—looking good and not coming across like a fool? Clearly, my “transgression” was not a sin—but my shame was consistent with God's desire for the moment. In that instant, shame exposed with I trust in for “life.”

THE FLIGHT RESPONSE TO LOVE GONE BAD: Research of Brene' Brown.

1. At its core, Brown says, shame “is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.
2. “We're afraid that people won't like us if they know the truth about who we are, where we come from, what we believe, how much we're struggling, or, believe it or not, how wonderful we are when soaring.”
3. We tend to associate shame with a major trauma or a defining negative event — an abusive childhood, a painful addiction, a seemingly intractable pile of credit-card debt — but the experience of feeling unworthy is universal, no matter what hides out in our past. “To feel shame is to be human.”
4. “For shame to exist, you need secrecy, you need silence, and you need a perception or the reality of judgment,” says Darcy Sterling, PhD, a clinical social worker in New York City who focuses on building shame resilience with clients. “Shame can only survive and incubate if we don't speak about it — that's where it derives its power. If we talk about it, and our own personal experiences around shame, it's like pulling the plug on it.”
5. The Gifts of Imperfection, she identifies some of the many forms Shame Messages can take:
 - I'm flawed.
 - I'm not: good/pretty/talented/successful/rich/masculine/feminine/tough/caring/pretty/skinny/creative/popular enough.
 - Who do I think I am?
 - No one can ever find out about _____.
 - I'm going to pretend everything is OK.
 - I can change to fit in if I have to.
 - Taking care of them is more important than taking care of me.

THE FLIGHT RESPONSE TO LOVE GONE BAD: Idolatry & Self-Worship!

1. Shame exposes _____ (Psalm 97:7; Isaiah 42:17). Shame can lead you to a self-centered preoccupation with healing your wounds.
2. Idolatrous worship exalts _____ and _____. An idol is an object or idea or desire that allows the creator to worship himself. Shame arises when worship—the ascribing of glory and honor—is invested in the self rather than in God (Psalms 4:2).
3. Those who pursue idols escape the torment of shame by opting for _____, _____, and _____ (Isaiah 44:9-20).
4. Shame has the potential to shut down _____, _____, and turn the heart away from _____. It is safer to feel shame (no matter how painful or destructive) than to feel sorrow. This is because shame closes down the heart and refuses to groan; sorrow increases momentum to seek, knock, and ask.
5. Shame will either invite you to _____ or to cry out to God in _____, _____, and _____. Shame need not lead you to withdrawal. Instead of being numbed by shame, you can allow it to open you to the deepest questions of your heart (Psalm 44:13-26).

ACTION: Journal This!

1. How has shame tormented you?
2. What would you most fear that someone would know about you?
3. What or who do you move toward in times of trouble?

Bible Verses**Psalms 44:13-26**

You made people on the street, urchins, poke fun and call us names. You made us a joke among the godless, a cheap joke among the rabble. Every day I'm up against it, my nose rubbed in my shame - Gossip and ridicule fill the air, people out to get me crowd the street. All this came down on us, and we've done nothing to deserve it. Our hearts were never false, our feet never left your path. Do we deserve torture in a den of jackals? or lockup in a black hole? If we had forgotten to pray to our God or made fools of ourselves with store-bought gods, Wouldn't God have figured this out? We can't hide things from him. No, you decided to make us martyrs, lambs assigned for sacrifice each day. Get up, God! Are you going to sleep all day? Wake up! Don't you care what happens to us? Why do you bury your face in the pillow? Why pretend things are just fine with us? And here we are - flat on our faces in the dirt, held down with a boot on our necks. Get up and come to our rescue. If you love us so much, Help us!

Psalms 83:16,17

for breath, gasping, "God." Bring them to the end of their rope, and leave them there dangling, helpless

Psalms 97:7

All who serve handcrafted gods will be sorry - And they were so proud of their ragamuffin gods! On your knees, all you gods - worship him!

Psalms 4:2

You rabble - how long do I put up with your scorn? How long will you lust after lies? How long will you live crazed by illusion?

Isaiah 29:22

And finally this, God's Message for the family of Jacob, the same God who redeemed Abraham: "No longer will Jacob hang his head in shame, no longer grow gaunt and pale with waiting

Isaiah 42:17

But those who invested in the no-gods are bankrupt - dead broke. You've Seen a Lot, but Looked at Nothing

Isaiah 44:9-20

All those who make no-god idols don't amount to a thing, and what they work so hard at making is nothing. Their little puppet-gods see nothing and know nothing - they're total embarrassments! Who would bother making gods that can't do anything, that can't "god"? Watch all the no-god worshipers hide their faces in shame. Watch the no-god makers slink off humiliated when their idols fail them. Get them out here in the open. Make them face God-reality. The blacksmith makes his no-god, works it over in his forge, hammering it on his anvil - such hard work! He works away, fatigued with hunger and thirst. The woodworker draws up plans for his no-god, traces it on a block of wood. He shapes it with chisels and planes into human shape - a beautiful woman, a handsome man, ready to be placed in a chapel. He first cuts down a cedar, or maybe picks out a pine or oak, and lets it grow strong in the forest, nourished by the rain. Then it can serve a double purpose: Part he uses as firewood for keeping warm and baking bread; from the other part he makes a god that he worships - carves it into a god shape and prays before it. With half he makes a fire to warm himself and barbecue his supper. He eats his fill and sits back satisfied with his stomach full and his feet warmed by the fire: "Ah, this is the life." And he still has half left for a god, made to his personal design - a handy, convenient no-god to worship whenever so inclined. Whenever the need strikes him he prays to it, "Save me. You're my god." Pretty stupid, wouldn't you say? Don't they have eyes in their heads? Are their brains working at all? Doesn't it occur to them to say, "Half of this tree I used for firewood: I baked bread, roasted meat, and enjoyed a good meal. And now I've used the rest to make an abominable no-god. Here I am praying to a stick of wood!" This lover of emptiness, of nothing, is so out of touch with reality, so far gone, that he can't even look at what he's doing, can't even look at the no-god stick of wood in his hand and say, "This is crazy."

Hidden Shame – Johnny Cash

I'm sorry to say that you don't know me I'm sad in ways you never understood Each time I try to tell the ugly truth You always let it pass you by You said I'd never tell you a lie Just because I could Did you really think I was a bad man? You always said that that should be my middle name But you don't know the half of it You don't know how that name fits You don't know my hidden shame	Well, there's a different kind of prison And it don't even have to look much like a cell It's already on your mind Boy, we can see it in your eyes So, here's the bars and walls as well Well, you know I'm never coming home, babe You said you'd stand by me until I cleared my name Sure, it's easy to be strong When you know the charge is wrong But the days and weeks get long When you've got a hidden shame	I had a friend when I was just a boy We were like brothers, we would run and hide And we went walking on a high hillside And I really don't how it happened He turned to me and had this strange look in his eye And not a single word was spoken I must have pushed him, but I don't remember why And all at once, he lay there broken And I walked down without him and I didn't even sigh Hidden shame, shame, shame That I can't get free From the blame and the torture And the misery Must it be my secret for eternity? 'Til you know my hidden shame, you really don't know me	They say you always hurt the one you love And I'm not saying if I did or if I didn't But like my shame, that kind of love is always hidden They locked me up here for the ideas in my head They never got me for the thing I really did Hidden shame, shame, shame That I can't get free From the blame and the torture And the misery Must it be my secret for eternity? 'Til you know my hidden shame, you really don't know me
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6 Emotional Defenses to Threat

Relational Movement

Attack → ←

Abandonment ↗

Love ←



Fight Response

Anger

Jealousy

Contempt



Flight Response

Fear

Despair

Shame



Growing in Awareness Series: 6 Emotional Defenses to Threat

Your dark emotions are much more than just uncomfortable feelings you struggle to control. They are windows into your heart. These emotions—the ones you tend to deny and hide—actually have something to tell you. They can reveal, in a very graphic way, where you are in your relationship with God. So often you find yourself caught between extremes—either you feel too much or not at all. You tend to ignore your feelings or fight them off as if they were an enemy. But all emotion—whether positive or negative—can give you a glimpse of the true nature of God, bring awareness to your cry for help and your need for God himself.

LOVE:

The Power of Toxic Shame!

Psalms 44:13-26; 83:16,17; Isaiah 29:22

THE FLIGHT RESPONSE TO LOVE GONE BAD: A PICTURE OF SHAME.

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2. **HIDING** > Shame will move you to fly to the sanctity of your inner world. You escape through the wish of invisibility, the fantasy of shrinking into the wall. Dissociation means “I’m out of here!”
3. **VIOLENCE AGAINST SELF & OTHERS** > Shame lashes out to destroy the self. The desire is to “kill the enemy.” What is the enemy: the deficiency, inadequacy, or imperfection of Self ... OR, a failure of trust, a refusal to rely on something or someone outside of yourself.

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2. **A SENSE OF DEFICIENCY OR FOOLISHNESS** > You view yourself as flawed and defective.
3. **EXPOSURE OF FOOLISH TRUST** > Shame is rooted in your inherent preference to trust false gods rather than depend on God for each and every moment of your existence. “I was shamed rather than sorry because in the instant of “transgression” I sinned against my true god—looking good and not coming across like a fool? Clearly, my “transgression” was not a sin—but my shame was consistent with God’s desire for the moment. In that instant, shame exposed with I trust in for “life.”

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2. Idolatrous worship exalts self-sufficiency and self-determining power. An idol is an object or idea or desire that allows the creator to worship himself. Shame arises when worship—the ascribing of glory and honor—is invested in the self rather than in God (Psalms 4:2).
3. Those who pursue idols escape the torment of shame by opting for blindness, ignorance, and delusion (Isaiah 44:9-20).
4. Shame has the potential to shut down passion, close desire, and turn the heart away from sorrow. It is safer to feel shame (no matter how painful or destructive) than to feel sorrow. This is because shame closes down the heart and refuses to groan; sorrow increases momentum to seek, knock, and ask.
5. Shame will either invite you to shut down or to cry out to God in shock, confusion, and desire. Shame need not lead you to withdrawal. Instead of being numbed by shame, you can allow it to open you to the deepest questions of your heart (Psalm 44:13-26).

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