

Relational Movement	Fight Response	Flight Response
Attack 	Anger 	Fear 
Abandonment 	Jealousy	Despair
Love 	Contempt	Shame

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 Redemptive Power of Godly Shame!

Summary: A Man understands that shame is an invitation to surrender to God

Bible Verses: Hebrews 12:2, Hebrews 2:11,12, Colossians 2:13-15, Isaiah 50:6-8, Jeremiah 3:1-5, Jeremiah 6:13-15, Jeremiah 8:10-12, Psalms 25:1-7, Hebrews 13:13-16

Music: Josh Wilson – No More

Video: The Truman Show - Ending Scene

Resources: *The Cry of the Soul* by Dr. Dan Allender & Dr. Tremper Longman III
August 11, 2016

SHAME: AN INVITATION TO GRACE

1. _____ > Shame is an exposure of your idolatry. You are exposed in your foolish trust in yourself when you are shamed because you did something foolish or someone did something to hurt you.
2. _____ > Shame is a GREAT GIFT. It can reveal sin and draw forth desire. If you honor shame as a sever mercy that can lead you to the wonder and wholeness of worship, then you need not fear (unto death) what will be drawn forth in the staggering moment of exposure. You can face shame as an invitation to look in the eyes of One who does not condemn—but instead, He offers grace, forgiveness, and freedom.
3. _____ > The Humiliation of God on Your behalf:
 1. In the Incarnation = Jesus submitted to the shame of humility and lowliness. You are invited to enter into His humility by allowing your heart to be grieved and broken through the exposure of sin.
 2. In Suffering = Jesus submitted to the shame of temptation and suffering without threatening or reviling those who harmed Him, entrusting Himself to the One who judges rightly.
 3. In Death & Crucifixion = Jesus endured the shame of the cross because of joy. You are invited to bear His disgrace and offer yourself as a sacrifice of praise to God's glory and goodness.

SHAME: Invitation to Freedom

1. _____ > You will never be free of shame! Scripture indicates that those who are free from shame are the most arrogant and God-hating (Jeremiah 3:1-5; 6:13-15; 8:10-12)!
2. _____ > Shame invites you to engage in "cheese pizza!" Each time you are caught in worshipping a god that is NOT GOD, you are invited to a process that leads to increased wonder and worship.
3. _____ > You must counter the self-absorption of shame with redemptive sorrow. As you heart grieves over the damage brought about by endless experiences with "cheese pizza," you will grow free of the stinging self-consciousness of shame.
4. _____ > Shame exposes your ugliness and leaves you open to the attack and derision of the Evil One. Sorrow opens the heart to the desire for redemption. Redemption always comes from outside of the self; therefore, the effect of redemptive sorrow to increase hope.
5. _____ > Confident hope increases gratitude. The light of Gratitude melts shame in all its violent, furious self-hatred.

SHAME: The Road to Freedom

1. The Road to break the power of Shame and leads to Freedom > _____ (sorrow), _____ (confidence), and _____ (worship).
 1. Freedom in _____: The Desire for Redemption (Psalm 25:1). Humility consists in the simple acknowledgement that "cheese pizza" will never give me or get me where I want to be! Shame holds little power in the heart of a broken person whose false gods are shattered (Luke 18:13-14). Sorrow exposes where you turn to find life. Brokenness is the antidote to shame. Sorrow opens your heart to redemptive desire.
 2. Freedom in _____: Confidence in an Advocate (Psalm 25:1-3). Trust in a Advocate shatters shame because it draws you to look beyond the hopelessness of the moment and gaze on the One whose strength and love is capable of pulling you out of the dark pursuit of "cheese pizza." Hope in your Advocate opens your heart to confidence.
 3. Freedom in _____: The Wonder of Worship (Psalm 25:6,7). Gratitude softens the self-hatred of shame. Self-hatred is a ferocious defense that refuses to cry out for an advocate who will redeem. Shame has no power in a heart that is full of thanksgiving (II Samuel 6:14-22).

NO MORE SHAME: FREE TO SERVE!

1. _____ > Shame is evil's greatest weapon against God. But God takes the weapon of evil and uses it to mock and then destroy evil.
2. _____ > We are to shame the world by reveling in the beauty of weakness (I Corinthians 1:27). We are to rejoice in foolishness, because through it God's wisdom shames the wise.
3. _____ > For most men, shame is an enemy. For men who walk with God, shame becomes a friend that exposes the pursuit of "cheese pizza", draws you to the wonder of the Cross, and serves as a weapon to mock evil.
4. _____ > Shame loses its sting when you forsake your self-protection and self-absorbed defenses (Hebrews 13:13-16).
5. _____ > God loves paradox. He bears shame to make a spectacle of evil on the Cross. He invites you to bear disgrace in order to perplex a world terrified of shame.

ACTION: Journal This!

1. What is your greatest moment of shame?
2. How have you seen God use your shame redemptively?

Bible Verses**Hebrews 12:2**

Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed - that exhilarating finish in and with God - he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God

Hebrews 2:11,12

Since the One who saves and those who are saved have a common origin, Jesus doesn't hesitate to treat them as family, saying, I'll tell my good friends, my brothers and sisters, all I know about you; I'll join them in worship and praise to you

Colossians 2:13-15

When you were stuck in your old sin-dead life, you were incapable of responding to God. God brought you alive - right along with Christ! Think of it! All sins forgiven, the slate wiped clean, that old arrest warrant canceled and nailed to Christ's Cross. He stripped all the spiritual tyrants in the universe of their sham authority at the Cross and marched them naked through the streets

Isaiah 50:6-8

I followed orders, stood there and took it while they beat me, held steady while they pulled out my beard, Didn't dodge their insults, faced them as they spit in my face. And the Master, God, stays right there and helps me, so I'm not disgraced. Therefore I set my face like flint, confident that I'll never regret this. My champion is right here. Let's take our stand together! Who dares bring suit against me? Let him try!

Jeremiah 3:1-5

God's Message came to me as follows: "If a man's wife walks out on him And marries another man, can he take her back as if nothing had happened? Wouldn't that raise a huge stink in the land? And isn't that what you've done - 'whored' your way with god after god? And now you want to come back as if nothing had happened." God's Decree. "Look around at the hills. Where have you not had sex? You've camped out like hunters stalking deer. You've solicited many lover-gods, Like a streetwalking whore chasing after other gods. And so the rain has stopped. No more rain from the skies! But it doesn't even faze you. Brazen as whores, you carry on as if you've done nothing wrong. Then you have the nerve to call out, 'My father! You took care of me when I was a child. Why not now? Are you going to keep up your anger nonstop?' That's your line. Meanwhile you keep sinning nonstop." Admit Your God-Defiance

Jeremiah 6:13-15

"Everyone's after the dishonest dollar, little people and big people alike. Prophets and priests and everyone in between twist words and doctor truth. My people are broken - shattered! - and they put on band-aids, Saying, 'It's not so bad. You'll be just fine.' But things are not 'just fine'! Do you suppose they are embarrassed over this outrage? No, they have no shame. They don't even know how to blush. There's no hope for them. They've hit bottom and there's no getting up. As far as I'm concerned, they're finished." God has spoken. Death Is on the Prowl

Jeremiah 8:10-12

So here's what will happen to the know-it-alls: I'll make them wifeless and homeless. Everyone's after the dishonest dollar, little people and big people alike. Prophets and priests and everyone in-between twist words and doctor truth. My dear Daughter - my people - broken, shattered, and yet they put on band-aids, Saying, "It's not so bad. You'll be just fine." But things are not "just fine"! Do you suppose they are embarrassed over this outrage? Not really. They have no shame. They don't even know how to blush. There's no hope for them. They've hit bottom and there's no getting up. As far as I'm concerned, they're finished." God has spoken.

Psalms 25:1-7

My head is high, God, held high; I'm looking to you, God; No hangdog skulking for me. I've thrown in my lot with you; You won't embarrass me, will you? Or let my enemies get the best of me? Don't embarrass any of us Who went out on a limb for you. It's the traitors who should be humiliated. Show me how you work, God; School me in your ways. Take me by the hand; Lead me down the path of truth. You are my Savior, aren't you? Mark the milestones of your mercy and love, God; Rebuild the ancient landmarks! Forget that I sowed wild oats; Mark me with your sign of love. Plan only the best for me, God!

Hebrews 13:13-16

So let's go outside, where Jesus is, where the action is - not trying to be privileged insiders, but taking our share in the abuse of Jesus. This "insider world" is not our home. We have our eyes peeled for the City about to come. Let's take our place outside with Jesus, no longer pouring out the sacrificial blood of animals but pouring out sacrificial praises from our lips to God in Jesus' name. Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship - a different kind of "sacrifice" - that take place in kitchen and workplace and on the streets

No More – Josh Wilson

<p>Oh I know it all to well Every inch inside this cell I'm a prisoner of the choices I regret The debts already paid And the bails already made So why do I keep coming back again? God I'm done with holding on To sins that you have saved me from I'm ready to let go of who I've been</p> <p>No more guilt, no more shame, no more thinking I can't change</p>	<p>Who I was is dead and gone, who I am is moving on Saved by grace held by love because of what your cross has done You pulled away the prison doors Hallelujah God I am condemned no more I am condemned no more</p> <p>So I step out of the night into your burning light Where my past and all its shadows disappear</p>	<p>You say that I am yours forever You call me saint instead of sinner No more guilt, no more shame, no more thinking I can't change Who I was is dead and gone, who I am is moving on You pulled away the prison doors Hallelujah God I am condemned no more I am condemned no more</p>	<p>Melt the clouds of sin and sadness Drive the dark doubt away Melt the clouds of sin and sadness Fill me with the light of day No more guilt, no more shame, no more thinking I can't change Who I was is dead and gone, who I am is moving on You pulled away the prison doors Hallelujah God I am condemned no more I am condemned no more</p>
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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 Redemptive Power of Godly Shame!

- Hebrews 12:2; Hebrews 2:11,12; Colossians 2:13-15; Isaiah 50:6-8

SHAME: AN INVITATION TO GRACE

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2. **GIFT** > Shame is a GREAT GIFT. It can reveal sin and draw forth desire. If you honor shame as a sever mercy that can lead you to the wonder and wholeness of worship, then you need not fear (unto death) what will be drawn forth in the staggering moment of exposure. You can face shame as an invitation to look in the eyes of One who does not condemn—but instead, He offers grace, forgiveness, and freedom.
3. **SURRENDER** > The Humiliation of God on Your behalf:
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2. **BLIND** > Shame invites you to engage in “cheese pizza!” Each time you are caught in worshipping a god that is NOT GOD, you are invited to a process that leads to increased wonder and worship.
3. **SELF-ABSORBED** > You must counter the self-absorption of shame with redemptive sorrow. As your heart grieves over the damage brought about by endless experiences with “cheese pizza,” you will grow free of the stinging self-consciousness of shame.
4. **EXPOSED** > Shame exposes your ugliness and leaves you open to the attack and derision of the Evil One. Sorrow opens the heart to the desire for redemption. Redemption always comes from outside of the self; therefore, the effect of redemptive sorrow is to increase hope.
5. **HOPE** > Confident hope increases gratitude. The light of Gratitude melts shame in all its violent, furious self-hatred.

SHAME: The Road to Freedom.

1. The Road to break the power of Shame and leads to Freedom > **Humility** (sorrow), **Hope** (confidence), and **Gratitude** (worship).
 1. Freedom in **Humility**: The Desire for Redemption (Psalm 25:1). Humility consists in the simple acknowledgement that “cheese pizza” will never give me or get me where I want to be! Shame holds little power in the heart of a broken person whose false gods are shattered (Luke 18:13-14). Sorrow exposes where you turn to find life. Brokenness is the antidote to shame. Sorrow opens your heart to redemptive desire.
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 3. Freedom in **Gratitude**: The Wonder of Worship (Psalm 25:6,7). Gratitude softens the self-hatred of shame. Self-hatred is a ferocious defense that refuses to cry out for an advocate who will redeem. Shame has no power in a heart that is full of thanksgiving (II Samuel 6:14-22).

NO MORE SHAME: FREE TO SERVE!

1. **WEAPON** > Shame is evil's greatest weapon against God. But God takes the weapon of evil and uses it to mock and then destroy evil.
2. **WEAKNESS** > We are to shame the world by reveling in the beauty of weakness (I Corinthians 1:27). We are to rejoice in foolishness, because through it God's wisdom shames the wise.
3. **FRIEND** > For most men, shame is an enemy. For men who walk with God, shame becomes a friend that exposes the pursuit of "cheese pizza", draws you to the wonder of the Cross, and serves as a weapon to mock evil.
4. **SURRENDER** > Shame loses its sting when you forsake your self-protection and self-absorbed defenses (Hebrews 13:13-16).
5. **WONDER** > God loves paradox. He bears shame to make a spectacle of evil on the Cross. He invites you to bear disgrace in order to perplex a world terrified of shame.

ACTION: Journal This!

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