



Consequences of Shame

As men, one of the biggest questions we must face is “do I have what it takes?” All of us, regardless of our professional and personal successes, face this question on a daily basis. Advertisements promote products and services that directly tell us we do not have what it takes, but their product will give us what we need. In the same way, Satan plants the seed of doubt early on in our lives through tragedy and trauma, and we are left watering the seed of shame for the rest of our lives. How do we move through our shame, replace it with guilt, confident in who God says we are, and live the life we are called to live? My push for all of us today is to be curious about the story behind our shame and correct the lies that live in our heads telling us “I am not enough.”

Highland Colony Men’s Roundtable

www.MensTable.com

July 17, 2025

Scripture: Genesis 3:7-12; Luke 15:20-21

Music: Big Daddy Weave – “My Story” https://www.youtube.com/watch?v=1TKAN-nAsu8&list=RD1TKAN-nAsu8&start_radio=1

Core Emotion: Fear

Core Motivation: Naked

Core Strategy: Hiding

The Key Question: “Who told you that?” – What voices are you listening to? Are you listening to the real voices of men who know and love you (Timothy Keller quote)? Or are you listening to shame?

S.H.A.M.E.

- Self
- Hatred
- At
- My
- Expense

It is not possible to love someone when you hate yourself.

John’s Story:

Guilt vs. Shame:

“Researchers have described shame as a feeling that is deeply associated with a person’s sense of self, apart from any interactions with others; guilt, on the other hand, emerges as a result of something I have done that negatively affects someone else. Guilt is something I feel because I have done something bad. Shame is something I feel because I am bad.” – Curt Thompson, The Soul of Shame

Me Too:

“When someone seeks forgiveness for the wrong they have committed, we who have been wounded must be able to acknowledge the reality of the pain inflicted if forgiveness is to be real, and if the offender’s shame is to be effectively healed.” – Curt Thompson, The Soul of Shame



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SCRIPTURE – The Message

Genesis 3:7-12 - 7 Immediately the two of them did "see what's really going on" - saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves. **8** When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God. **9** God called to the Man: "Where are you?" **10** He said, "I heard you in the garden and I was afraid because I was naked. And I hid." **11** God said, "Who told you you were naked? Did you eat from that tree I told you not to eat from?" **12** The Man said, "The Woman you gave me as a companion, she gave me fruit from the tree, and, yes, I ate it."

Luke 15:20-21 - 20 He got right up and went home to his father. When he was still a long way off, his father saw him. His heart pounding, he ran out, embraced him, and kissed him. **21** The son started his speech: 'Father, I've sinned against God, I've sinned before you; I don't deserve to be called your son ever again.'

"My Story" – Big Daddy Weave

If I told you my story
You would hear Hope that wouldn't let go
And if I told you my story
You would hear Love that never gave up
And if I told you my story
You would hear Life, but it wasn't mine
If I should speak then let it be
Of the grace that is greater than all my sin
Of when justice was served and where mercy wins
Of the kindness of Jesus that draws me in
Oh, to tell you my story is to tell of Him
If I told you my story

You would hear victory over the enemy
And if I told you my story
You would hear freedom that was won for me
And if I told you my story
You would hear Life overcome the grave
If I should speak, then let it be
Of the grace that is greater than all my sin
Of when justice was served and where mercy wins
Of the kindness of Jesus that draws me in
Oh, to tell you my story is to tell of Him
This is my story, this is my song
Praising my savior all the day long
This is my story, this is my song

Praising my savior all the day long
For the grace that is greater than all my sin
Of when justice was served and where mercy wins
Of the kindness of Jesus that draws me in
Oh to tell you my story Is to tell
Of the grace that is greater than all my sin
Of when justice was served and where mercy wins
Of the kindness of Jesus that draws me in
Oh, to tell you my story is to tell of Him
Oh, to tell you my story is to tell of Him
This is my story, this is my song
Praising my Savior all the day long

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