ROBBED OF LEGITIMACY BY SHAME



HEALING OUR WOUNDED HEARTS PART 5

Amanda Buys' Spiritual Covering

This is a product by Kanaan Ministries, a non-profit ministry under the covering of:

- River of Life Family Church, Vanderbijlpark
  Pastor Edward Gibbens
  (Contact: Sharmain Joubert
  Personal Assistant to Ps Edward and Dalene Gibbens)
  River of Life Family Church
  Vanderbijlpark
  South Africa
  Tel: +27 16 9823022
  Fax: +27 16 9822566
  Email: sharmain@rolfc.co.za

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For further information or to place an order, please contact us at:

P.O. Box 15253
Panorama
7506
Cape Town
South Africa

27 John Vorster Avenue
Plattekloof Ext. 1
Panorama 7500
Cape Town
South Africa

Tel: (+27) (21) 930 7577
Fax: 086 681 9458
E-mail: kanaan@iafrica.com
Website: www.kanaanministries.org
Office hours: Monday to Friday, 9 am to 3 pm.

Kanaan in Europe - Basel:

Larwin and Silvia Nickelson
Oikos International Church
Reinacherstrasse 3
CH-4142 Münchenstein
Basel, Switzerland
Co-ordinator: Margreth Gantenbein
Office hours: Monday, Tuesday and Thursday from 8 – 12 .
Telephone: +41(0)61 332 15 40
Email: kanaanministries@bete.net
Website: www.kanaanministries.org

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INTRODUCTION:

Man is created in the Image of God – and given a role to play in the "dominion" of the earth.



This aspect of "**likeness**" – being like God and having such a clear goal in life – is eroded away until we find man:

- Who is lost;
- feeling illegitimate
- going in the wrong direction;
- and dominated by the forces of life.

As we progress through this study we will see the effect that **shame** has on the believer and his attitude, gifts and abilities for life.



Yeshua has paid the full price – we can be delivered from this mindset and we need to make the choice to live a redeemed life of victory.

Made in God's Image:

God's plan is to create out of all the chaos something that is "good". In this process we see the gradual formation of the land, seas, planets, stars and all the plants and animals of this earth.

At this point in time, God speaks to HIMSELF: Let "us" make man in "Our Image".

Gen. 1:26 *"26 God said,* ***Let Us [Father, Son, and Holy Spirit] make mankind in Our image, after Our likeness****, and let them have complete authority over the fish of the sea, the birds of the air, the [tame] beasts, and over all of the earth, and over everything that creeps upon the earth."*

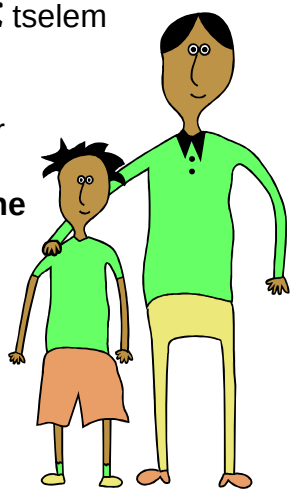
Since God is speaking about the Trinity (Our), we can see that man includes the fullness of:

- the attribute of the **Father**
- the attribute of the **Son**
- the attribute of the **Holy Spirit**

We need to get a clear understanding of what is meant by the word **"image".**

This word is found in both the Torah (First Five Books of the Bible) and the New Testament.

"**Image**" in Hebrew – Strongs 6754 – the word used is צֶלֶם tselem tseh'-lem and has the meanings of:



- resemblance, i.e. to **take on the form** of someone or something
- representative figure, i.e. which means to **stand in the authority** of that person.

"**Image**" in Greek – Strongs 1504 – the word used is εἰκών eikon i-kone' and has the meaning of:

- likeness / profile or faintness like a copy, i.e. clearly this means that there is a physical resemblance, you can identify where that person has come from.

- Representative.

We see clearly that there are two broad meanings:

1) that we **look like** our Creator, since we are not identical to one another. This clearly means that it **reflects our way of doing things**, our lifestyles, and our values. This definition fits in clearly with the commandment that we: "**are a set-apart people**."

2) That we represent the Kingdom of God – that our mandate to rule and take dominion is backed up by the Spiritual Leadership of Heaven. This definition also fits into the mandate to: "Le Lecha – Go forth".

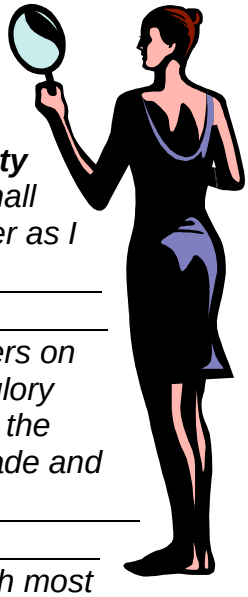
Relationship:



The very fact that I look like – have the same characteristics of my Father, and that I have been empowered to have dominion over His creation through the completed work on the Cross by Yeshua – speaks of a **relationship**.

My comprehension / acceptance of my rank and authority will only be real in my mind if I have come **face to face** with the Messiah.

The understanding of this revelation causes me to react because I have seen something / someone remarkable / extraordinary with my eyes wide open in **an experience which can never be erased.** I have a monument in my heart of visitation from God.



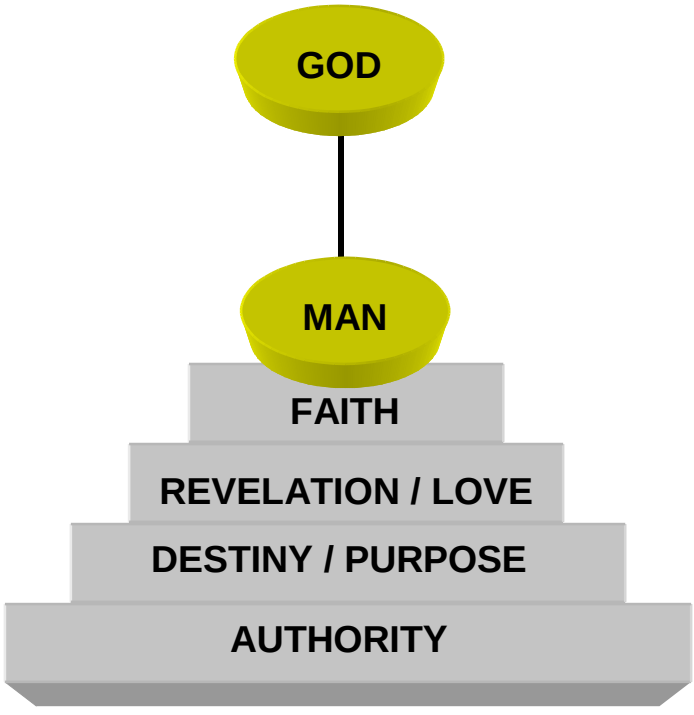
1 Cor. 13:12 *"12 For now we are looking in a mirror that gives only a dim (blurred) reflection [of reality as in a riddle or enigma], but then [when perfection comes] we shall see in* ***reality and face to face****! Now I know in part (imperfectly), but then I shall know and understand fully and clearly, even in the same manner as I have been fully and clearly known and understood [by God]."*

2 Cor. 3:7 *"7 Now if the dispensation of death engraved in letters on stone [the ministration of the Law], was inaugurated with such glory and splendor that the Israelites were not able to look steadily at the face of Moses* ***because of its brilliance,*** *[a glory] that was to fade and pass away,"*

1 Thess. 3:10 *"10 [And we] continue to pray especially and with most intense earnestness night and day that we may* ***see you face to face*** *and mend and make good whatever may be imperfect and lacking in your faith."*

Boldness:

A believer has "**boldness**" when his foundation of belief is structured in the building blocks of faith, love, relationship, realization of his authority to fulfil the calling and purpose.



The word boldness – Hebrew – Strongs 982 is בָּטַח **batach** and means to:



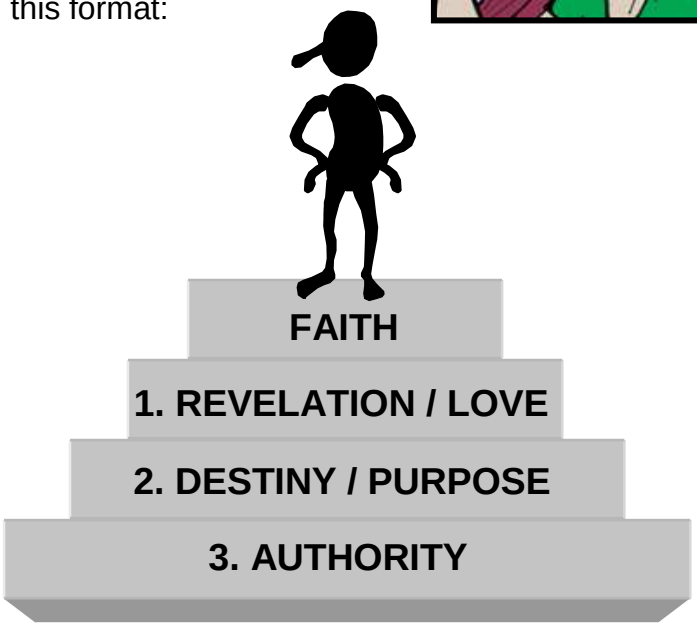
- find refuge
- to trust
- to have hope / be confident

Greek – Strongs – 5111 is τολμάω **tolmaō** and means to be:



- outspoken
- frank
- have courage / daring
- complete assurance.

I can build the foundation in this format:



1. REVELATION / LOVE – Access to the Throne of Grace:

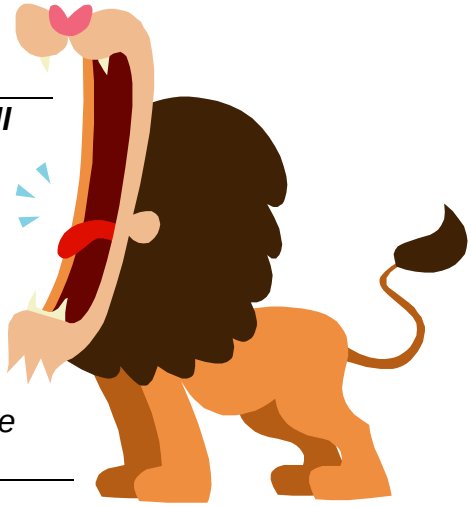


Heb. 4:16 *"16 Let us then fearlessly and confidently and **boldly draw near to the throne of grace** (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it]."*

2. DESTINY / PURPOSE – Access to God:

Eph. 3:12 *"12 In Whom, because of our faith in Him, we dare to have the **boldness** (courage and confidence) **of free access** (an unreserved approach to God with freedom and without fear)."*

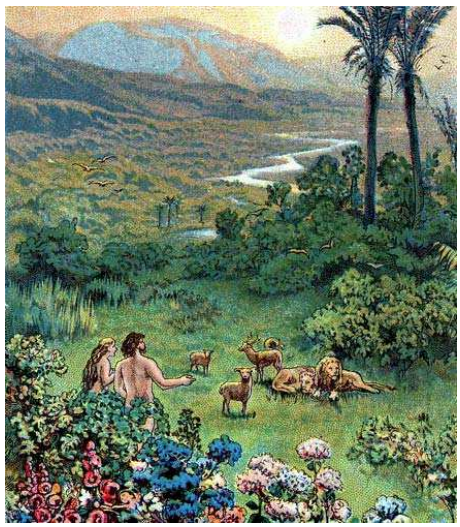
Heb. 10:19 *"19 Therefore, brethren, since we have **full freedom and confidence** to enter into the [Holy of] Holies [by the power and virtue] in the blood of Jesus,"*



3. AUTHORITY – Righteous as a lion:

Prov. 28:1 *"1 THE WICKED flee when no man pursues them, but the [uncompromisingly] righteous are **bold as a lion**."*

What happened in the Garden of Eden?



There was no such thing as shame before sin entered the world.

Gen 2:25 *"25 And the man and his wife were both naked and were not embarrassed or ashamed in each other's presence."*

Gen 2:16-17 *"16 And the Lord God commanded the man, saying, You may freely eat of every tree of the garden;*
17 But of the tree of the knowledge of good and evil and blessing and calamity you shall not eat, for in the day that you eat of it you shall surely die."

The serpent deceived them and they ate the forbidden fruit.

Gen 3:7 *"7 Then the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves apronlike girdles."*

The primary pain that entered the world with sin was the anguish of shame.

Before they sinned, they were naked and completely at peace with sexuality. There was no shame about their nakedness and their sexuality. The light of the glory of the Lord was shining out of them and they were clothed with LIGHT!
When they sinned, the light went out – and so they defaulted to the fig leaves!

Legitimacy:

It is the feeling of being appropriate or right in a given situation.

The sense of legitimacy varies from culture to culture – each culture has their own arena of legitimacy what is right, what is proper, what is acceptable.

Example: A good friend comes through the back door in some cultures, but in other cultures it will not be acceptable to go through the back door.

In the Garden of Eden, Adam and Eve had **five areas of legitimacy**:



1. They felt very legitimate in the presence of God. God walked with them every day.
2. They felt very comfortable with authority. God gave commands and man obeyed.
3. They had profound legitimacy with the land.
4. They were very comfortable with their own bodies.
5. They were very comfortable in their relationship with sex and the other gender.

All five of those areas of legitimacy were destroyed in one moment!



1. They were not comfortable with God.
2. They were not comfortable with their authority.
3. The land was cursed – there was a breach between them and the land.
4. They were not comfortable with their own bodies.
5. They were not comfortable with the opposite sex and **SHAME** entered into the spirit-sex relationship.

We have all inherited generations of illegitimacy – we all have monumental layers of lack of legitimacy that have been built into the family line.
It is an incredible task to re-establish that but it is do-able.

The first consequence of the fall is a sense of shame is attached to the body and to sexuality. Since then sex has been used for comfort, physically and emotionally, not for spiritual righteous things.

Our shame is so painful, and we have so much anxiety about our failures, that we'll do just about anything to cover it up.

The shame just hurts so much that we anesthetize ourselves.

We are trying to get into paradise – the **place of no shame**.



- Liquor's intoxication makes the alcoholic momentarily unaware of his shame – but it does not put him back into Eden.
- The overeater momentarily masks the pain of shame with the pleasure of food – but it does not reproduce paradise.
- The rebellious teenager avoids the pain by pretending he does not care.
- The perfectionist hides behind the satisfaction of accomplishment.

We use different shapes and sizes, but we all wear fig leaves of some sort.

As Adam and Eve began hiding from one another, they also began hiding from God.

Gen 3:8 *"8 And they heard the sound 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 among the trees of the garden."*

Hiding from God:

One of the greatest goals of shame is to get you to hide from God.

God rewards those that SEEK Him:

Ps 53:2 *"2 God looked down from heaven upon the children of men to see if there were any who understood, who sought (inquired after and desperately required) God."*



Heb 11:6 *"6 But without faith it is impossible to please and be satisfactory to Him. For whoever would come near to God must [necessarily] believe that God exists and that He is the* ***rewarder of those who earnestly and diligently seek Him [out]****."*

Shame therefore steals the joy of knowing yourself to be infinitely valuable and also steals the blessings that come to those who seek God.

Shame says: "*Hide from God lest you be condemned*."

Shame also makes you hide from yourself. That is what happened when Adam tried to shift the blame towards Eve.

We try to avoiding the pain of honestly looking at the truth about ourselves, we rationalize our actions and shift blame.

The self-deceived life never benefits from God's purifying purposes.

- The only thing that can keep us from knowing God is our decision to hide from Him.

- The only thing that can keep us from the cleansing stream of God's mercy is our decision to hide from ourselves.

We grow up hearing from our parents: "*Go to your room*."
"*I am so frustrated with you that I do not even want to see your face."*

What we hear is:
"Go off by yourself and bear your own shame"



So we are taught from our earliest days that the **consequences of misbehaviour are isolation and shame**. We learn that our parents do not want to hear about our feelings of inward shame.

We are encouraged to grab the closest fig leaves!

PART I: UNDERSTANDING SHAME

All my life, I have felt as though I have to work twice as hard to be half as good as other people.

No matter how hard I try, I just never feel like I measure up or belong.

Does this make any sense?



Shame is a strong sense of being uniquely and hopelessly different and less than other human beings.

When you experience shame, you feel isolated and alienated from others.

It is as if you are standing alone on one side of a broken bridge while everyone else in the world stares at you from the other side.

Shame symptoms include beliefs, emotions and behaviours that display the underlying pain that comes from seeing ourselves as eternally separated from others.

Shame can have three underlying components:

1. the physical component in **biological** shame,
2. the spiritual component in **Biblical** shame,
3. and the psychological component in **binding** shame.

1. Biological Shame:

Biological shame is a time-limited, natural response to the observable differences between children and grown-ups.

As a child, you were physically and intellectually different and less than your parents and other adults. On some level of awareness you might have believed that you condition was unique and hopeless.

The basis of biological shame is transitory. The solution to the personal distress of biological shame is simple: aging.



Examples of biological shame:

- "Why can't you keep up with me you slow coach, I haven't got all day" (Mother to a three-year-old).
- "Now look what you did you clumsy kid – what's the matter with you?" (Father to a six-year-old who spilt milk).

Some parents have unrealistic developmental expectation of a child and then they shame their child for not fulfilling them.

If you were expected automatically to possess some information or master a skill you had never been taught, that bring biological shame.

The time and the emotional energy needed to understand and to teach children are scarce in troubled homes.
Shaming a child's limited skills and knowledge is less time-consuming than responding with understanding and patience.

2. Biblical Shame:

Biblical shame is an appropriate, healthy response when we acknowledge that we are different and less than God made us and that we are separated from Him by our sin.



Biblical shame is when people so focus on their sinful natures that they deny the fact that God has provided a trustworthy "bridge" over the chasm of separating sin and they see themselves without hope.

The solution to Biblical shame is Grace.

We will always be different and less than God. When we accept His gift of Grace through Jesus, we will no longer be alienated from Him.

3.Binding Shame:

Binding shame is rooted in childhood experiences in the family and in children's limited capacity to accurately interpret them.

Cause no 1: Parental power causes "stumbling".



Parents and other adults can put obstacles of false teachings in children's paths. Because they believe these lies are truth and act on them, the children might experience disastrous personal and spiritual consequences.

Children have no choices about what to accept as truth because they only have their parent's view of reality. The parent's degree of commitment to truth is the most significant discriminator between healthy and unhealthy families.

Parents display or deny truth by their words, attitudes and actions. Children inevitably believe that every parental frown or phrase, smile or syllable accurately reflects reality. This is the bedrock of binding shame. Parents and parental substitutes are the sole interpreters of reality to young children.

Therefore their verbal and non-verbal statements are impressed like handprints in the wet cement of their children's minds.

"Unrealistic" is not found in the dictionary of childhood. Young children are unable to distinguish realistic from unrealistic expectations. Children have no way of understanding that when their parents withheld affirmation or inflicted abuse, it revealed something sadly missing within the parents, rather than something hopelessly flawed within the children.



If you were raised in a dysfunctional family, you were caused to stumble. Unrealistic expectations or abusive treatment taught you the lies that you are the kind of child who deserves disrespectful or dehumanizing treatment, that parents can do anything they want to you, and that God doesn't care.

Cause no 2: Children's imaginative thinking.

All young children see themselves as the centres of the universe who possess awesome, unlimited powers to cause events.

This is sometimes called magical thinking, and it translates into a kind of fairy-tale logic which teaches children that good things happen to good people and bad things happen to bad people. This has devastating results for children in troubles families.

If you are from one of these families, you concluded at a very early age that the abuse was your fault because you believed that you caused everything.

In a healthy family you naturally outgrow imaginative thinking as you bump against the firm limitations of your personal power. But in unhealthy families, imaginative thinking is reinforced if you are told that you caused Dad's drinking problem, Mom's anger outbursts or even your own abuse.



Imaginative thinking merges with your primitive awareness that you were a hopeless disappointment to your parents because you weren't perfect. Your conclusion was that if you were different, acceptable, "good" (meaning perfect) child, you would not be abused. You assumed you were being treated in the manner you deserved (that's one reason why adults who were abused as children repeatedly get into abusive relationships. On some deep level they believe that those are the kind of relationships they deserve.)

Cause no 3: Need for protective illusions.



It is terrifying to acknowledge that you parents made their own bad choices about how to treat you and that you were utterly powerless to control them.

The reality is that children are totally vulnerable to the whims of imperfect and impaired adults.

Therefore, children feel safer being the "bad ones", rather than facing the challenge of acknowledging that their parents could choose to be bad no matter what the children did or didn't do.

Life Motivators:

All people who try hard at life do so for one of two reasons –

a. They're fearful and looking for acceptance, or
b. They're fulfilled and looking to make a difference.

These opposing life motivators are matters of the heart and can be well hidden from public view.

An honest look at your strengths and weaknesses can reveal some recurring problems in your character and can lead you to some hard questions:

1. Why am I so sensitive to anything resembling criticism?



You usually overreact, justify yourself in the process or you would feel a disproportionate weight of guilt.

You tend to hear innocent questions or comments as criticism. "The kids have really missed you this week" can be received as: "You are a bad father."

You have mixed motives behind even your best efforts.

2. Why do you need everyone to like you?

You have difficulty speaking direct truth to people.



This leaves you not only feeling phoney, but also tired and often ineffective as a leader.

3. Why do you always point out the faults of your loved ones instead of encouraging them in all their strengths?

You are never satisfied with their efforts.

4. **Why couldn't I fail without feeling like a failure?**

You are driven to succeed!

5. **Why did I have such vague boundaries in my life?**

You have a hard time keeping a sense of balance in your life. You feel like everybody has access to your time except your own family.

6. **Why couldn't you care for others without having to take on the weight of the world?**



You feel overly responsible for others' burdens.

7. **You turn down honours and gifts thinking someone else "might need it more."**

Do you unconsciously think you do not deserve such gifts and honours?

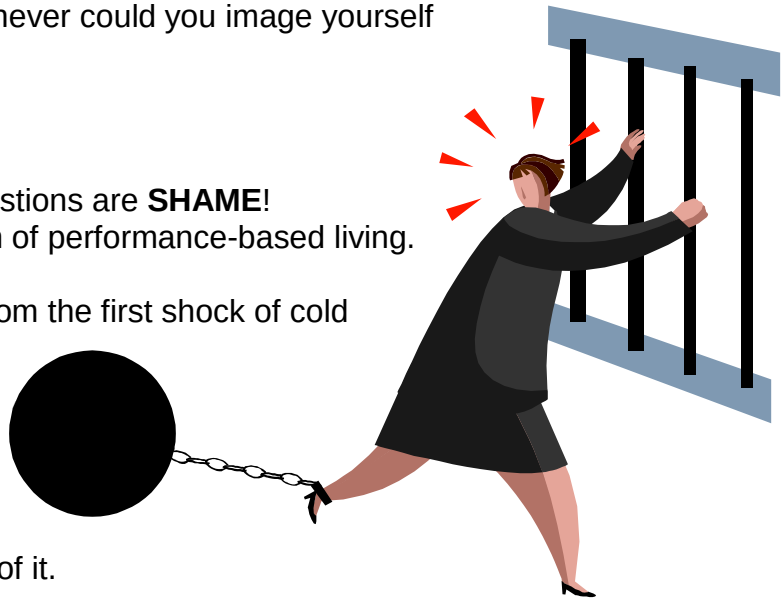
Why did it not ever occur to you that maybe God HAD given you some important gifts and you DID have something special to offer?

8. **Is there something in me that shies away from ultimate success? Do you feel you hold back from true greatness?**

You know you can succeed, but only to a point. You can see yourself as being really good at a lot of things, but never could you image yourself becoming great.

The Answers:

The answers to all the above questions are **SHAME**!
Shame binds people into a prison of performance-based living.



We are so desperate for love – from the first shock of cold air in the delivery room to the last gasp of air on our deathbeds, we crave love.

We instinctively yearn for it, gravitate towards it, and feel like starving people if we're deprived of it.

Our need for unfettered, unconditional, lavish love is so massive we'll do almost anything to get it.

The drive to attain love and its benefits of acceptance and significance is so great in us that we'll devote everything we have to lay hold of it.

People have discovered through manipulation how to get you to run after love – they dangle it in front of your panting soul like a carrot on a stick.

This particular carrot comes in different shapes and sizes – approval, acceptance, affirmation, and affection.
BUT what has happened to so many of us: no matter how hard you tried – no matter how good a little boy or girl you were, the affirmation you wanted so deeply was never fully given.

It was withheld. So you would keep on running!

We run harder when we are ashamed because we are utterly desperate for love.



It might have been withheld because:

1. They were empty – the ones you wanted love from just did not have it to give it.

2. They wanted you to do well and saw how fast and far you could run when love was withheld.

3. They were Ignorant. They thought, "We'd better not praise him too much. It might go to his head."

4. Their energy was consumed by their addictions and there was nothing left to show you real love.

5. It was the only way they knew – they had run after carrots all their lives, so it was your turn to learn to run.

For whatever reasons, people everywhere have tried and tried to catch up to love. Millions have never tasted the real thing.

Shame is the painful feeling that there is some flaw in you that keeps you from catching the carrot. So you just try harder and harder.



Authority Figures:

We all want people under our influence to be excellent and to accomplish great things.
PARENTS want their children to behave.
TEACHERS want their students to excel.
PASTORS want their congregation to act like good Christians.

That is why we know the phrase: “SHAME ON YOU!” so well!



It is everywhere because it works….on the surface.

- Shame can get kids to quit misbehaving.
- Shame can compel students to make straight A’s.
- Shame can motivate congregation members to give more money.

People use shame to motivate others because they do not know the way of God.



God never uses shame to motivate us toward right living or excellence. He never motivates us by withholding His love from us – He gives love!

Gen 1:28 *“28 And God blessed them and said to them, Be fruitful, multiply, and fill the earth, and subdue it [using all its vast resources in the service of God and man]; and have dominion over the fish of the sea, the birds of the air, and over every living creature that moves upon the earth.”*

Note the sequence of the scripture:

God blessed Adam and Eve and **THEN** told them to be fruitful.

The blessing came first. **The affirmation of their worth did not rest upon their fruitfulness.**

Instead, **their fruitfulness depended upon them knowing their self worth**. The knowledge of their blessedness fuelled their capacity to subdue the earth.

Most people image the message of Christianity runs something like this:

“*Love the Lord, do good, give generously, live right, serve God, and the Lord will really love you and bless you.”*

The TRUTH is:



“God really loves you and has blessed you; therefore, love the Lord, do good, give generously, live right, and serve God.”

Shame does change behaviours – but it doe not change hearts.

In our efforts to control others, our shame seems to improve their outward lives, but inwardly, it sabotages their souls.

What causes us to lose our attribute of boldness?



SHAME is a primary hindrance that keeps us from coming to God, it keeps us from flowing in the things of God, and it steals our passion for God.

Guilt is a feeling of a wrongness of action –I did something wrong. SHAME is wrongness of BEING. SHAME is not just "I did something wrong", but also I AM something wrong!

There is a hopelessness about SHAME.

If I AM a mistake rather than I made a mistake, then what can I do about that??

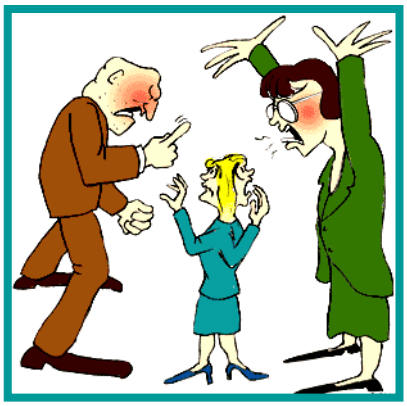
There is nothing you can do about a wrongness of BEING.
You can do something about a wrongness of doing but you can not do a thing about wrongness of BEING! I'm a mistake!

This is not just a stronghold of the mind – this is something in your HEART! It CRIPPLES you from being able to move in the things of God.

Shaming someone can be described as "causing someone to die of embarrassment" – i.e. as we cause shame, it is equivalent or similar to committing **murder**.

The only difference is that murder is visible, whilst we often go our way without realizing that we have hurt someone.

It is a sin to shame someone in public:



Many believers have the opinion that they are entitled, even obligated to confront others whom they believe to be "wrong" in some aspect of life.

This is often done under the banner:

- Of covenantal love
- Of imparting wisdom
- Of Divine Word from God

Whilst it is clear that we have to reprove someone in sin.

Lev 19:16-18 *"16 You shall not go up and down as a dispenser of gossip and scandal among your people, nor shall you [secure yourself by false testimony or by silence and] endanger the life of your neighbor. I am the Lord.*
*17 You shall not hate your brother in your heart; but you **shall surely rebuke** your neighbor, lest you incur sin because of him.*
18 You shall not take revenge or bear any grudge against the sons of your people, but you shall love your neighbor as yourself. I am the Lord."



We should never shame anyone or else we would have increased the burden of the sin i.e. we would have contributed to the weight and burden that the sinner bears.



Biblical examples of people who chose to protect others and not to shame them.

1. Joseph – chooses to ask all of the Egyptians to leave the room before he exposes himself to his brothers and obviously the fact that they had sinned against him.

2. Tamar – The daughter-in-law of Judah who dressed up like a prostitute to deceive him in Genesis 38. She chooses to indicate only by way of the pledge i.e. the staff, etc, the debt that Judah had withheld exposing his sexual exploits to the whole world.

The Causes of Shame:



What is shame?

It is a deep feeling of uncleanness, unacceptability, wrongness of BEING, worthlessness.

It breeds self-hatred and unforgiveness towards yourself.

SHAME is **rooted** in a **fear of abandonment and annihilation.**

It's a deep wound of the being – like a cancer that eats on the inside and eventually destroys you.

Every one of us has a certain measure of SHAME upon us.

Most of the SHAME that came upon us was not even initially our own SHAME.

Most of us are carrying SHAME that came from someone else.

Soul-Spirit Hurts

We grow up with wounded people who then in turn wound us. Hurt people hurt people.

Wounds come to us from our families, our peers/our friends, etc. Out of those wounds we make decisions about life and that is where a lot of our ungodly beliefs come from.

Luke 4:18 *"18 The Spirit of the Lord [is] upon Me, because He has anointed Me [the Anointed One, the Messiah] to preach the good news (the Gospel) to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who* ***are downtrodden, bruised, crushed, and broken down by calamity],"***

Inside of us we all have soul-spirit wounds that need to be healed.

THE ROOTS OF SHAME



Definition for ABANDONMENT

Anytime somebody else leaves you or anything leaves you.

For example:

- Abandonment by an organization
- Abandonment by God
- Abandonment by other people

The difference between Abandonment and rejection:
Rejection: I reject you and will not have anything more to do with you.
Abandonment: I am just not here anymore – almost like a passive type of rejection.



ABANDONMENT IS THE FOUNDATION OF SHAME.

Two groups of Abandonment:

1. **Man abandons God** – I am going to do things my way in my own strength.

- Turning away from God.
- Trusting in idols.
- Trusting in our own strength

- Our foolishness and failures
- Occult involvement.

Embedded in our very DNA is this shame – fear – control.

Prov 13:18 *"18 Poverty and shame come to him who refuses instruction and correction, but he who heeds reproof is honored."*

If I admit I need instruction, it will expose my shame. Our biggest fear is the shame being exposed.

Is 42:17 *"17 They shall be turned back, they shall be utterly put to shame, who trust in graven images, who say to molten images, You are our gods."*

2. Man abandons man.



- Any form of **sexual defilement** is abandonment – I am going to use you – I don't care about you – I just want you for myself – this brings a separation in relationship.

- **Illegitimacy** – brings a curse (Deut 23:2) – results in a rejection and separation from the rest of the community.

Now God has rejected us!
It also brings forth the curse of man abandoning man.

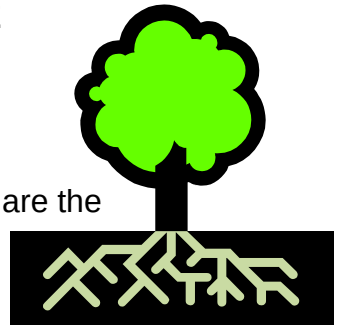
2 Sam 13:13 *"13 And I, how could I rid myself of my shame? And you, you will be [considered] one of the stupid fools in Israel. Now therefore, I pray you, speak to the king, for he will not withhold me from you."*

Deut 23:2 ***"2 A person begotten out of wedlock*** *shall not enter into the assembly of the Lord; even to his* ***tenth generation*** *shall his descendants not enter into the congregation of the Lord."*

Examples of Abandonment:

- An abandonment of providing the right kind of Protection
- An abandonment of a Godly attitude toward a child.

THE ROOTS OF SHAME SITTING ON TOP OF THE FOUNDATIONS OF ABANDONMENT



The difference between ROOTS and FRUITS:

ROOTS: Those things that are unseen, hidden. They are the sources of the shame. These are what put it in place and hold it in place.

FRUITS: These are the things that are visible. These are what we would rather people NOT see. These are the things we are trying to cover up. We may think we have done a very good job: "Nobody sees how awful I really am."
But the rest of us look at that person and wonder why they are doing all that work to keep us from seeing their true personality. They are really not that bad!"



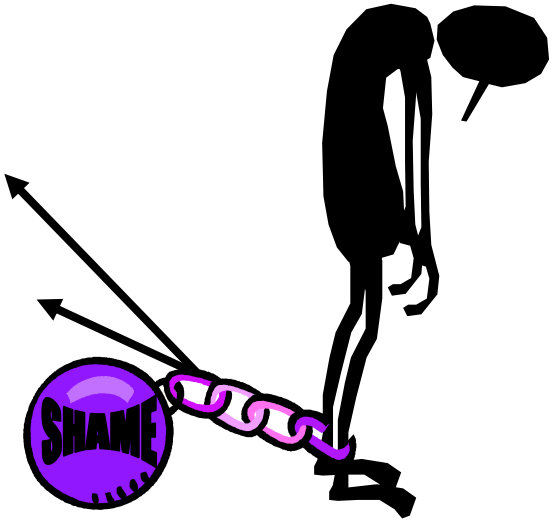
They always show everyone a happy face and keeping their walls up so that nobody can get close to them.

We keep on wondering what is going on in the inside of such a person….

The fruit are the clues that shame is present.

STRONGHOLDS AND SUPER STRONGHOLDS

An all-in-one structure – all four problem areas are in one structure in a person's life.



For example:
Shame has ancestral sins and curses holding it in place – they were the original seeds waiting for that trigger to come along/ or multiple triggers.
The ungodly beliefs about who I am as a person are wrapped up in this same shame stronghold and help hold it in place.

The hurts that I got were shaming hurts came as authority figures put me down, the alcoholic family doing it's usual unpredictable thing, etc; I was shamed and got hurt – this is all part of the shame stronghold and holds it in place.

Then the demons come marching in and act out of the stronghold - it is like a castle.

Inside one person there could be a lot of different strongholds. If we look at the city/stronghold of shame it is like a castle that is sitting on the ground of the sins of the fathers and curses.
The bricks and the stones might be demons that make up the towers, walls and structures.
The ungodly beliefs and the soul-spirit hurts are the cement that sticks it all together.



So in one complex stronghold/structure in our lives we get all four problem areas that we need to deal with in a unified way.

Definition of a complex structure:

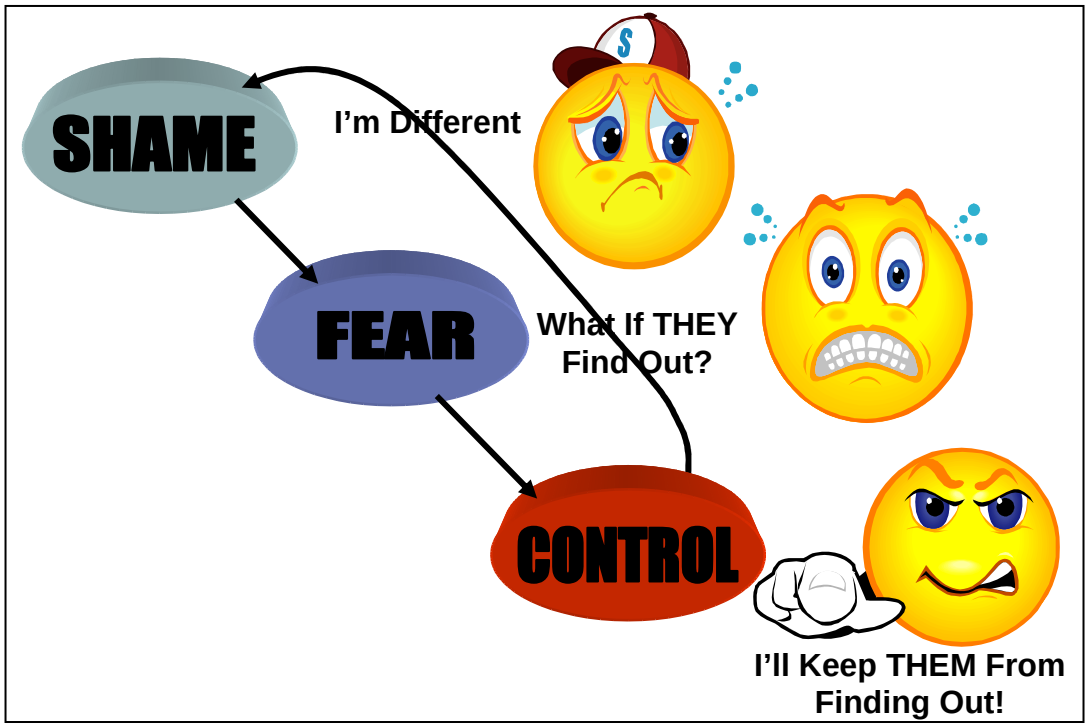
A demonic stronghold is a structure composed of a foundation provided by the sins of the fathers and curses…..

The shame – fear – control stronghold is a super stronghold.

Levels to deal with in deliverance:

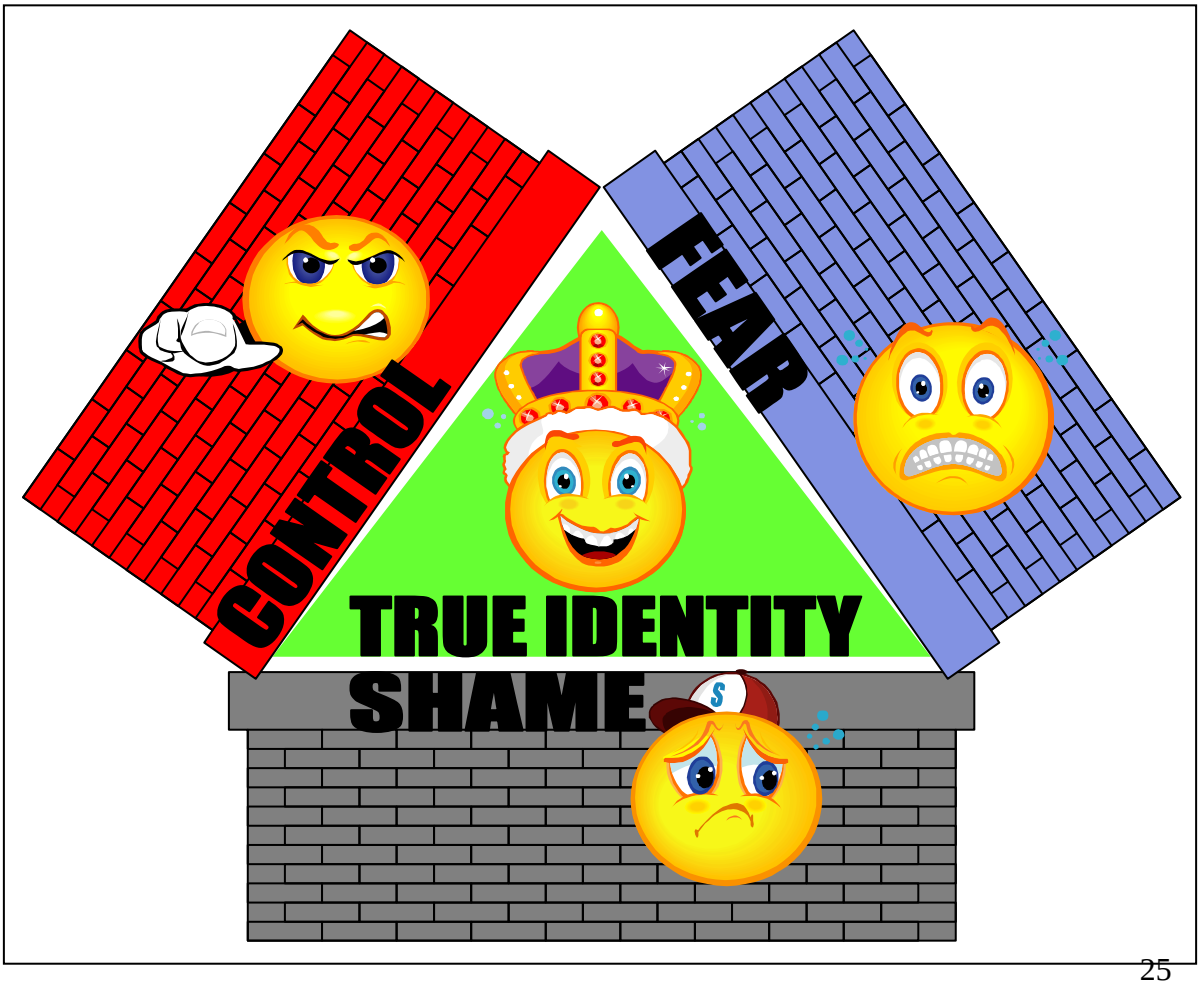
- DEMONS
- STRONGHOLDS
- SUPER STRONGHOLDS

Shame – Fear – Control Stronghold:



Gen. 3:10 *"10 He said, I heard the sound of You [walking] in the garden, and I was afraid because I was naked; and I hid myself."*

Our God-Created Identity:



Trauma:

There are **two kinds of Trauma**:

1. Trauma of **bad things** that happened to us.
2. Trauma of the **good things** that never happened for us:

    - The times that we were never loved or sang to or prayed over.
    - The times that our parents never showed up at the ball game, etc.

These are the lacks we never received and they are just as shaming.

Roots of Shame

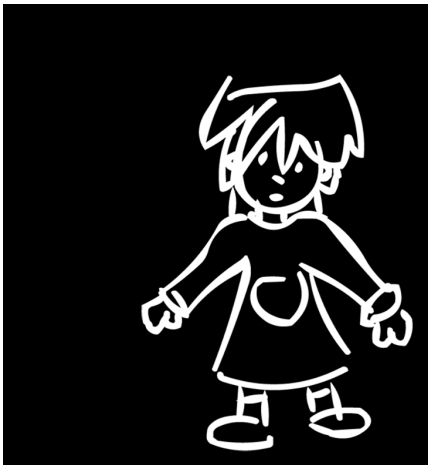
1. Father, Mothers, Teachers, etc, transferred SHAME onto children.

A Poem written by an Orphan Juan.



The Want of a Mom and Dad

Moms and Dads are wonderful
For those people
That has a mom and dad.
Parents that guide and teach you the right way
Not the wrong way
As for me
I never knew my mom
My dad drunk all the time
I don't know what it is like
To have a mom and dad
A dad to wrestle and play with
A mom to tell me everything is okay
When something is wrong
Parents that really care for me
Ones that will help me
Not abuse me
I wish I had a mom and dad
Why can't I have a mom and dad
Like all the other kids?



"Like all the other kids".

That's shame's motto. There is something not right about me. There is something that I don't have that I should have, and it seems that everyone else has.

If you grew up without a mother or father OR if you grew up with a mother or father who was there physically, but not there emotionally, you are automatically a target for shame.

There is no source of shame more fundamental in the world than the broken family.

To have anything less than a healthy mom and dad is to miss out on God's essential plan.

God's design is simple: We learn to trust at our mother's breast **(Ps 22:9)**, but we are challenged to arise to our destinies by the exhortation of a father **(1 Thess. 2:11-12).**

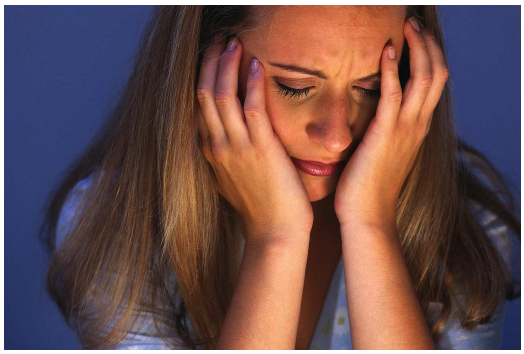
I live for the want of a mom and dad:

- A mom to be gentle with me and reassure me.
- A dad to show me strength and give me courage to live out a great destiny.

Without a mom, I can't trust. Without a dad, I can't dream.

Without a mom, I'll build walls around my heart. Without a dad, I'll never sign up for the battle.

I need a full realization of **GRACE** which tells me I'm accepted, no matter what. I need to be full of **TRUTH** which tells me that there is more for me to accomplish in the world.



I need enough **GRACE** to know that I am accepted even when I fall. I need enough **TRUTH** to know that I was made for more than milk.

Parents blame you for something that is not in your control – something you can't do, something you can't change.
For Example: If you are shamed because of your physical appearance, what can you do about it?

Many of us were SHAMED as little children, made to feel that there is something wrong with us.

A teacher should, by virtue of their wisdom, be able to estimate the ability of a child and therefore not pose questions in such a way as to cause the child regularly to fail.

Example: In a classroom situation – gave the wrong answer and were totally humiliated.

You can't clean this feeling by repenting of an action – that's the problem!

Children always see what the parent does as RIGHT.

Parents are supposed to be RIGHT because they are **reflecting the Image of God** to you.

SHAME is transferred to a child when there is a sudden interruption of a normal day to day experience for no reason.

The father gets angry, screams at the child, grabs him and physically pushes him around.

The child begins to feels insecure and fearful because there's no telling when this is going to happen again. The feeling of shame is created and experienced every time father is unhappy.

We grow up with all this baggage and this will block us from having a relationship with the Lord because deep on the inside, we believe God is going to be like this with us in any moment! Some people confuse this with the Fear of The Lord!

2. DIVORCE in a family brings SHAME upon children.



In the majority of broken homes, it is the father who is absent. No wonder that the vast majority of inmates in our prisons report an absence of a meaningful father relationship.

With no father to wrestle, we will not learn to wrestle against the adversities of life, but will seek to avoid them by way of finding comfort.

Too big and too embarrassed to ask for mother's milk anymore, when pressures come, we will look for other substances to soothe us. Or we will simply withdraw from life.

For some fatherless children, the prison is not a barred, cinder block room, but it is a cell of shame, blockading us from the fullness of life.

Where there is no father there is no deep dream in the child.

Without deep dreams, we wither into aimless orphans who either pity ourselves into ineffectiveness or who rage meaningless against the void of the night.
Oh, for the want of a mom and dad!

There is a feeling on the inside that some how I caused this. "If I wasn't such a bad kid, my parents would not have divorced…"

God put parents into our lives to speak our destiny and purpose into us. That is how we get it. If that did not happen there was abandonment of what God had always intended for you – an abandonment about the parents.

3. **Being a Scapegoat**

(Being the target – being the one that gets all the focus of all the blame.)

Studies have shown that children do not want to be separated from their parents. So even if the parents abuse the children, they still see their parents as good and themselves as bad.

We internalize the bad – we are much quicker to point the finger at ourselves then we are to say there is something wrong with my mom/dad/both.

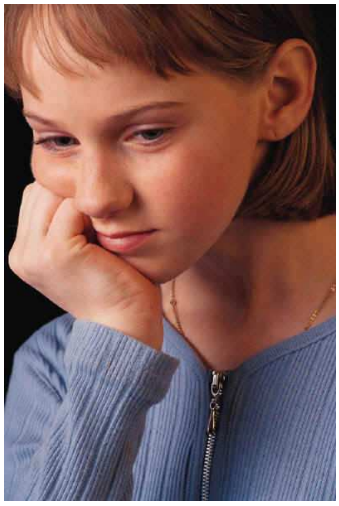
4. Physical Abuse

The list of torment is endless. You never know when it is going to happen.
You do not know why you are being abused.
You learn to hide, run away, etc.
Physical abuse is a terrible shaming experience.

5. Sexual Abuse

What is the first thing we usually say about a new baby? It's a boy! Or It's a girl!
We declare it's sexual identity because our sexuality is so much a part of our core identity.
When we are sexually abused it is not just something that happens to our body – it violates the very core of who we are!

There is a lot of kind of sexual abuse: some of it is obvious like molestation or fondling, or intercourse.



There is lots of sexual abuse that occur in the home

- where the parents dress indecently in front of the children,
- where the parents make shaming comments about the children's bodies.
- Sexual jokes

Sexual abuse and sexual experiences often open the door for two very defiling sexual spirits – **incubus and succubus**. These are male and female spirits that can actually create a feeling of having orgasm/ of having sex but it is demonic. It is very confusing, defiling and upsetting to people.
It can happen if sexual doors have been opened and people are so ashamed to speak about this is they have had to deal with it.

6. Illegitimacy

Shame comes upon the baby in the womb. The mom is usually carrying shame even when there is a big cover-up. The baby comes into the world with shame.

7.Poverty

If you are in a neighbourhood and everybody is poor, then it is not so bad because that's just how it is!
But if you have less than the people that you are around with, that is very shaming.

If you can't keep up with the standard, it is very shaming.

- It is very shaming to wear shoes to school that are too small.
- The shame about what your house looks like.
- The neighbourhood where you grew up.
- The kind of car your parents drive.



There is a lot of shame connected to what we don't have and are not able to have.

8. Any kind of significant loss

Example:
A demotion – particularly in the job arena.

9. Alcohol or Drug Addictions

Alcohol has multi-facetted abilities to shame us.

- You can't take your friend home because you never know what it is going to be like when you get home.
- There is a lot of lying and covering up.
- There is a lot of shame over what is said.
- Alcoholic rages.
- Broken promises.
- Embarrassments.
- Having to lie – "My dad can not come into work toady because he is sick."



The child is not the alcoholic or drug addict but it goes through all of the shame of that family.

10. Shamed by Association

If someone in your family gets arrested for some wrongdoing, people speak about it and it gets into the media, you get shamed by association by what is said about your family.

11. Any kind of "Different ness" that we experience.



Examples:

a. Dyslexic
b. Taller than the rest
c. More freckles
d. Red hair
e. Parts of our body that we reject and find shameful
f. Flat chest female
g. Large breasts
h. Any kind of handicap – walk with a limp, stutter, can't see well, can't read well, can't hear well, etc.

12. Hypocrisy:



Many believers have come to a place where they are so full of their own righteousness, they have been "promoted" to the highest position in church, they are known as the people who do the most "good" works and yet their heart does not reflect the will of God. They have **exchanged** a humble heart for a position of pride in man's eyes.

Luke 13:12-17 *"12 And when Jesus saw her, He called [her to Him] and said to her, Woman, you are released from your infirmity!*
13 Then He laid [His] hands on her, and instantly she was made straight, and she recognized and thanked and praised God.
*14 But the **leader of the synagogue, indignant** because Jesus had healed on the Sabbath, said to the crowd, There are six days on which work ought to be done; so come on those days and be cured, and not on the Sabbath day.*
*15 But the Lord replied to him, saying, You **playactors (hypocrites**)! Does not each one of you on the Sabbath loose his ox or his donkey from the stall and lead it out to water it?*
16 And ought not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen years, be loosed from this bond on the Sabbath day?
17 Even as He said this, all His opponents were put to shame, and all the people were rejoicing over all the glorious things that were being done by Him."

15. Religious Shame

Every major move of God has eventually waned. It could be because of many reasons but one possibility could be the overemphasis of the importance of a manifestation of the Holy Spirit.

Emphasis on manifestations sets up an environment of shame that eventually turns masses of people away and grieves the Holy Spirit.

Throughout the years we have had a variety of genuine outpourings of the Holy Spirit that have blessed thousands and left thousands feeling like they don't measure up.

We have had moves of God in which the **gift of tongues** became the spiritual barometer.
Another move of God was where "**claiming the healing**" became the test of true spirituality.
In others it's been about being "**slain in the Spirit**".
Supernatural **joy and laughter** has served as another line of division.



When you experience something wonderful you naturally want others to experience it too.

There is nothing wrong with wanting something good to happen to someone else. But at some point, the proclamation of what is available turns to shame for those who don't have it.
"I ought to have more!"



- I ought to have more joy.
- I ought to have more healing.
- I ought to have more prosperity.
- I ought to have more gifts.
- I ought to have more manifestations.
- I ought to have more supernatural experiences.

If you have ever felt like a "have not" in the midst of other Christians – you have experienced SHAME!

No two people will have all the same experiences of God.
There is no need to ever compare your experience of God with someone else's.

Please be free from trying to perform spiritually in order to be accepted. You are already accepted by God, and you do not need any sort of spiritual badge to prove it.

Let go of all the pressure to be like other Christians – humble yourself before God and He will fill you with good gifts!

Proclamation

I choose today to forgive churches, pastors, friends, and religious organizations that have contributed to my shame.

I choose today to invite the Spirit of Jesus Christ to minister to others in a shame-free way. I choose to help my church be more like Christ – full of GRACE and TRUTH.



Prayer:

Father God, grant me the grace to forgive those who have used religion to shame me, and grant me the grace to face how I have done the same.

I thank You that Jesus Christ came full of grace and truth.

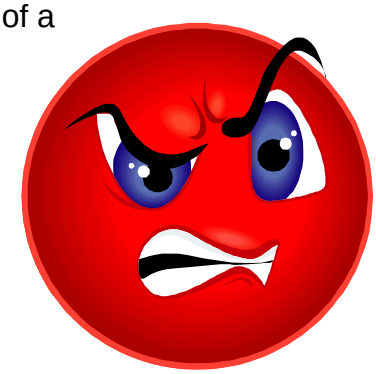
Make me full of His grace and full of His truth.
Make me more like Christ that I might be used in bringing the hope of the gospel to others.

In Jesus Name,
AMEN

16. Generational Sin brings Shame

We are called to be a separate / holy nation. However we stray from the ways of God.

Our forefathers began a process of straying and of a role model to the children less than the acceptable standard, instead of a lifestyle of a teaching day and night.



In the second commandment, God tells us not to bow down to idols and we are not to serve them.
The reason:
"For I the Lord your God is a jealous God."
Hebrew: "For I the Lord your God is a RED God".

RED with anger!
The scripture continues and says:

"I will visit the iniquities of the fathers unto the children to the third and fourth generation of those who hate Me."

"**Those who hate me"** – a better translation is: "Those who are **DISOBEDIENT** to Me"

The iniquities are passed on down – we all experience the pressure of our forefather's sin pressing us to continue into/enter into the same kinds of sins that our ancestors have been committed to.

IDOL: Is anything we put our trust in.
Examples:

- Our good looks
- Our bank balance
- Etc.

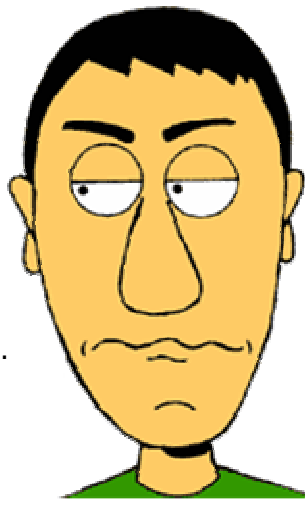
Deut. 6 *"1 NOW THIS is the instruction, the laws, and the precepts which the Lord your God commanded me to teach you, that you might do them in the land to which you go to possess it,*
2 That you may [reverently] fear the Lord your God, you and your son and your son's son, and keep all His statutes and His commandments which I command you all the days of your life, and that your days may be prolonged.3 Hear therefore, O Israel, and ***be watchful to do them****, that* ***it may be well*** *with you and that you may increase exceedingly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey.*
4 Hear, O Israel: the Lord our God is one Lord [the only Lord].
5 And you shall love the Lord your God with all your [mind and] heart and with your entire being and with all your might.
6 And these words which I am commanding you this day shall be [first] in your [own] minds and hearts; [then]
7 ***You shall whet and sharpen them*** *so as to make them* ***penetrate****, and* ***teach*** *and* ***impress*** *them* ***diligently*** *upon the [minds and] hearts of your children, and shall talk of them when you sit in your house and when* ***you walk by the way, and when you lie down and when you rise up.***
8 And you shall bind them as a sign upon your hand, and they shall be as frontlets (forehead bands) between your eyes.
9 And you shall write them upon the doorposts of your house and on your gates.
*13 You shall [reverently****] fear the Lord your God*** *and serve Him and swear by His name [and presence].*
14 You shall ***not go after other gods****, any of the gods of the peoples who are round about you;*
15 For the Lord your God in the midst of you is a ***jealous*** *God; lest the anger of the Lord your God be kindled against you, and He destroy you from the face of the earth..*
20 When ***your son asks you in time to come****, What is the meaning of the testimonies and statutes and precepts which the Lord our God has commanded you?*
21 Then you shall say to your son, We were Pharaoh's bondmen in Egypt, and the Lord brought us out of Egypt with a mighty hand.
22 And the Lord showed ***signs and wonders****, great and evil, against Egypt, against Pharaoh, and all his household, before our eyes;*
23 And He ***brought us out from*** *there, that He might bring us in to give us the land which He swore to give our fathers.*

24 And the Lord commanded us to do all these statutes, to [reverently] fear the Lord our God for our good always, that He might preserve us alive, as it is this day.
25 ***And it will be accounted as righteousness (conformity to God's will in word, thought, and action) for us if we are watchful to do all this commandment before the Lord our God, as He has commanded us****."*

We find that generation after generation go further astray.

Ezra 9:1-8 *"1 AFTERWARD, THE officials came to me and said, The Israelites and the priests and Levites have not separated themselves from the peoples of the lands, but* ***have committed the abominations*** *of the Canaanites, Hittites, Perizzites, Jebusites, Ammonites, Moabites, Egyptians, and Amorites.*
2 For they have taken as wives some of their daughters for themselves and for their sons, so that the holy offspring have ***mixed themselves with the peoples of the lands****. Indeed, the officials and chief men have been foremost in this* ***wicked act and direct violation*** *[of God's will].*
3 When I heard this, I rent my undergarment and my mantle, I pulled hair from my head and beard and sat down appalled.
4 Then all those who trembled at the words of the God of Israel because of the offensive violation of His will by the returned exiles gathered around me as I sat astounded until the evening sacrifice.
5 At the evening sacrifice I arose from my depression, and, having rent my undergarment and my mantle, I fell on my knees and spread out my hands to the Lord my God,
*6 Saying, O my God****, I am ashamed and blush*** *to lift my face to You, my God, for our iniquities have risen higher than our heads and our guilt has mounted to the heavens.*
7 ***Since the days of our fathers we have been exceedingly guilty****; and for our willfulness we, our kings, and our priests have been delivered into the hand of the kings of the lands, to the sword, captivity, plundering, and utter shame, as it is today.*
8 And now, for a brief moment, grace has been shown us by the Lord our God, Who has left us a remnant to escape and has given us a secure hold in His holy place, that our God may brighten our eyes and give us a little reviving in our bondage."

Generational Transfer of Shame



Shame can start in the womb or later in infancy. When parents carrying their own SHAME, they feel worthless and feel that they are not good parents, etc.

If you don't deal with the shame that's been put upon you by other people, you will shame others around you.

You will put shame on your children, your wife, your husband, etc, because you have a need to control their choices. Everything has to go according to the plan!

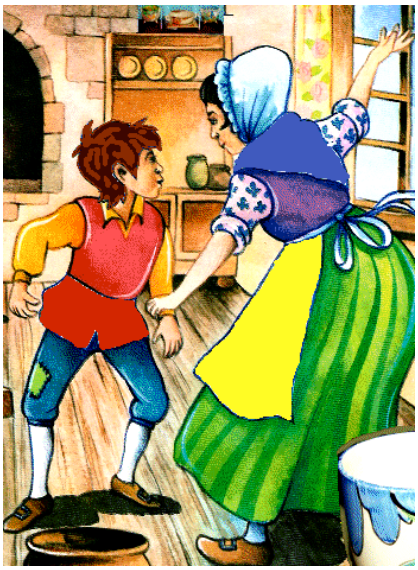
Your children must have the friends you had planned for them. They must marry whoever you have planned for them to marry. This process of manipulation continues... when parents try to control the choices of adult children after they have left home.

You are shamed when somebody bigger and stronger than you takes charge of your will and controls you so that you can do nothing about it. We then believe that God is like that too. Whenever disappointing things happen to us, then we impute that to God and say: “God let that happen to me.”

SHAME causes EVERYTHING THAT HAPPENS TO MAKE A PERSON ANGRY!!
E.g. Little infant cries. The Father is ANGRY! What can the little one do about the crying? They have needs and they cry…

What message does the child receive?

“Something is wrong with me…”



A little child looks up at the face of his Mother or Father, what does he see?
A mirror – **a reflection of himself**. Seeing angry parents say: “You deserve anger!

You are such a poor excuse for a human being! You make me angry!”

We all carry hurts from the past, when we get angry, we are dealing with issues / a time where we were wounded, disappointed, where our needs have not been met and where other people have transferred SHAME to us.

When we become adults, and we get angry, we transfer SHAME onto others.

True Humility



THE FEAR OF THE LORD brings HUMILITY. It reminds you that you are not GOD! You are limited and dependent. Without God you will DIE!

False Humility



SHAME is a perverted humility. Often times parents use SHAME as a motivating factor to try to control the behaviour of their children.

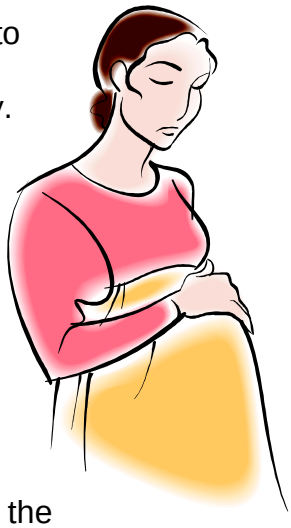
- *"SHAME ON YOU!"*
- *"You are a NOBODY! You're WORTHLESS!"*
- *"You don't MEAN ANYTHING!"*

This is actually manipulation!

"God crippled my daughter because I sinned."
Satan causes destruction and hurt in our lives and he uses shame and gets us to say, "God did it to me".

We believe that **we deserve to have bad things** happen to us **because** we are bad people.

For example:



A young girl gets pregnant. Her family is so ashamed and tries to hide this sin. What will the people think? They want to send the daughter away because the baby will bring shame to everybody. When we hide the baby away from other people, we nullify the baby's existence! In the process shame gets transferred from one generation to the next.

Let's use another example:

Potty Training – it is not in the best interest for the child to be potty-trained at this time. It is an inconvenience for the parent! The child ends up getting pressured to perform because everything is not going according to the parent's plans. When children disrupt their plans / image, the parents are ashamed of the child.

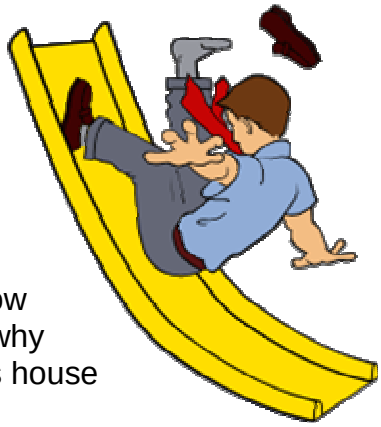
The message that is conveyed to you is: You don't have any needs.

Shame always results in **PRIDE**. Pride is exalting me and turns focus on me.

It can manifest in two ways:

1. External pride – arrogance
2. Internal – self-pity.

17. Backsliding causes Shame:



Many people make a choice to serve God. Often times, this is an **emotional choice** or else, one made without having **counted the cost** of following the Messiah.

As soon as trials and tribulations arrive, our reason to follow the Messiah seems to have a **poor foundation**. This is why Yeshua tells us the parable of the wise man, who build his house upon the rock.
Unless we find Yeshua as our Rock, we will find our house of faith falling over.

Jer. 17:13 *"13 O Lord, the Hope of Israel,* ***all who forsake You shall be put to shame.*** *They who depart from You and me [Your prophet] shall [disappear like] writing upon the ground, because they have forsaken the Lord, the Fountain of living waters."*



Those who backslide will be ashamed and will look to immerse themselves in the society far away from the community of believers.

18. Fear of Man causes Shame:



Fathers and mothers are supposed to be role models for their children, a model of love, compassion and boldness to be free to experience God's gifts of life.

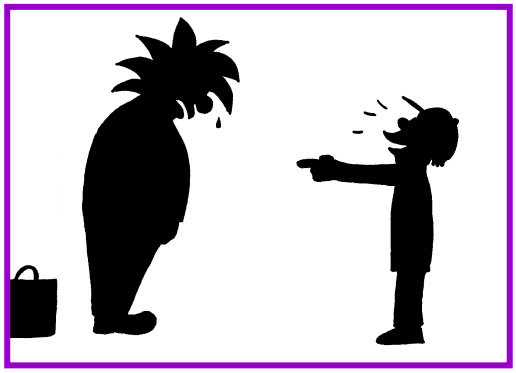
All too often we are exposed to peer pressure of the "successful" world and do not want to feel "separate / set apart", i.e. **we want to be part of the crowd.**

Mark 8: 34-38 *"34 And Jesus called [to Him] the throng with His disciples and said to them, If anyone intends to come after Me,* ***let him deny himself*** *[forget, ignore, disown, and* ***lose sight of himself*** *and his own interests] and take up his cross, and [joining Me as a disciple and siding with My party] follow with Me [continually, cleaving steadfastly to Me].*
35 For whoever wants to save his [higher, spiritual, eternal] life, will lose it [the lower, natural, temporal life which is lived only on earth]; and whoever gives up his life [which is lived only on earth] for My sake and the Gospel's will save it [his higher, spiritual life in the eternal kingdom of God].
36 For what does it profit a man to gain the whole world, and forfeit his life [in the eternal kingdom of God]?
37 For what can a man give as an exchange (a compensation, a ransom, in return) for his [blessed] life [in the eternal kingdom of God]?
38 For ***whoever is ashamed*** *[here and now]* ***of Me and My words*** *in this* ***adulterous (unfaithful) and [preeminently] sinful generation****, of him will the Son of Man also be ashamed when He comes in the glory (splendor and majesty) of His Father with the holy angels."*

Fathers as the role model can cause a “permanent” feeling of shame to be an integral part of a child, by the perpetual belittling of their value.

Shame comes to you whenever you were treated with:

- rejection,
- scorn,
- ridicule,
- punishment.



for things for which you:

- don’t know,
- can’t do,
- can’t help,
- can’t control, or
- aren’t yet there in maturity in your growth.

UNDERSTANDING SHAME

The Hebrew words for Shame:

2 Sam. 13:13 *“13 And I, how could I rid myself of my **shame**? And you, you will be [considered] one of the stupid fools in Israel. Now therefore, I pray you, speak to the king, for he will not withhold me from you.”*

Strongs 2781 חֶרְפָּה cherpah (357d); from 2778a; a reproach: contempt(1), disgrace(5), reproach(60), reproaches(2), scorn(3), shame(1), taunting(1).

Means to:

- disgrace
- rebuke
- to expose as a stripping

From the root word 2778, we get the word choreph 2779:

2779 חֹרֶף choreph (358a); from an unused word; harvest time, autumn:—autumn(1), prime(1), winter(5).



Means to:

- spend the winter.

Hos. 4:7-8 *“7 The more they increased and multiplied [in prosperity and power], the more they sinned against Me; I will change their glory into **shame**.*
8 They feed on the sin of My people and set their heart on their iniquity.”

Hebrew Strongs 7036 קָלוֹן **qalon** (885d); from 7034; means:

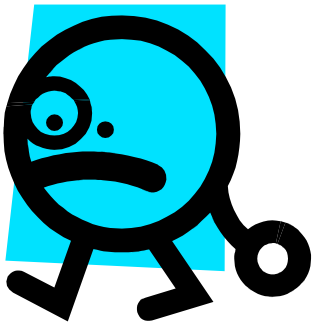
- disgrace
- dishonour
- ignominy / in contempt.

Ezek. 16:54 *"54 That you [Judah], amid your **shame** and disgrace, may be compelled to recognize your wickedness and be thoroughly ashamed and confounded at all you have done, becoming [converted and bringing] consolation and comfort to [your sisters.]"*

Hebrew Strongs 3639 כְּלִמָּה **kelimmah** (484a); from 3637; *insult, reproach, ignominy*:— disgrace(8), dishonor(6), humiliation(7), insults(5), reproach(1), reproaches(1), shame(2).

meaning:

- to wound
- to bring confusion.



We can see that any process of public dishonour, etc. can cause tremendous wounds which are likened to being "put into a winter" and to cover with "confusion". This causes man to lose all sense of direction and purpose[1].

For example: If you give a job to a 12 year old which is for the skills of an 18 year old, shame is going to come.

We shame one another when we expect each other to be spiritually further than what we are. "If you were really spiritual, you would do this."
"If you were really spiritual, you would get up and pray every morning at 5am!!"

Shame says: "I can never measure up to that, forget it!"

For example: Mother tells oldest child to be an example to other siblings because she is the oldest. That put so much fear on her to do everything perfect so that her sisters will not end up in a mess! Now she believes the lie that she is responsible for somebody else's life. Every time her sisters got in trouble, she felt it was her fault. She ended up in bondage to anorexia because she ended up with a need to control. "If I can't control my circumstances around me and the choices of other people, then I am going to be held accountable and responsible, and I can't stand it, so I have to control everything."

When you do something or something happens to you and you get the feeling: "I just want to die of SHAME!"
Then you grow up feeling:

[1] Please see book: Man's Purpose and Gifts of the Spirit available from Kanaan Ministries.

- I'm worthless,
- I don't mean anything,
- I don't count,
- I can't do anything right,
- I'm of no value.
- You do the best you can but it's not good enough.

Then you feel: "*I might as well give up! Nothing I can do is ever going to be good enough. I'll never make it, I'll never win."*

Preachers are experts at SHAMING people. We are quick to recall someone's past offences and weaknesses.

If you find out somebody in leadership has sinned in some way, then what do we do to them? "*You shouldn't act that way! SHAME on you*!"

1. Selfishness causes Shame:



The Greco-Roman mindset of performance, of being first in the class, top of the pile, has created a mentality of always taking the best for oneself and leaving the rest for anyone else who follows.

Yeshua tells us that this attitude abounds and goes onto explain that this is **not** the "image of a Godly man.

Luke 14:7-14 *"7 Now He told a parable to those who were invited, [when] He noticed how they were selecting the places of honor, saying to them,*
*8 When you are invited by anyone to a marriage feast, **do not recline on the chief seat** [in the place of honor], lest a more distinguished person than you has been invited by him,*
*9 And he who invited both of you will come to you and say, Let this man have the place [you have taken]. Then, with **humiliation and a guilty sense of impropriety**, you will begin to take the lowest place.*
10 But when you are invited, go and recline in the lowest place, so that when your host comes in, he may say to you, Friend, go up higher! Then you will be honored in the presence of all who sit [at table] with you.
*11 **For everyone who exalts himself** will be **humbled** (ranked below others who are honored or rewarded), and he who humbles himself (keeps a modest opinion of himself and behaves accordingly) will be exalted (elevated in rank).*
12 Jesus also said to the man who had invited Him, When you give a dinner or a supper, do not invite your friends or your brothers or your relatives or your wealthy neighbors, lest perhaps they also invite you in return, and so you are paid back.

13 But when you give a banquet or a reception, invite the poor, the disabled, the lame, and the blind.
14 Then you will be blessed (happy, fortunate, and to be envied), because they have no way of repaying you, and you will be recompensed at the resurrection of the just (upright).”

SHAME comes when people put expectations on other people – they try to get them to conform to the image that they want.

Ex. 32:25 *“25 And when Moses saw that the people were unruly and unrestrained (for Aaron had let them get out of control, so that they were a derision and object of **shame** among their enemies),”*

Hebrew word for Shame: Strongs 8103 shimtsah שִׁמְצָה:
meaning is to: “scornfully whisper a hostile word of shame.”

When my words are used to bring discredit to someone else, especially when this whispering is done behind their backs, i.e. gossip, and that person has no idea why people react strangely towards them. That will cause them to feel shame.

God wants to teach us how to deal with sin without SHAMING other people – how to deal with the GUILT that comes from wrongness of action without making people feel worthless.

We need to establish godly principles of never opening our ears to words about someone else unless they are present.

2. Wrongdoing causes Shame – Individual Sin:



Paul tells us that acts of **wilful disobedience** to God’s Word and the prompting of the Holy Spirit is **sin**. Any such acts cause us to become a **slave** to the fruit of sin.

These acts of compulsive behaviour become a mesh that leads to death – in the process we become burdened with a sense of shame.

Rom. 6:19-21 *“19 I am speaking in familiar human terms because of your natural limitations. For as you **yielded your bodily members [and faculties] as servants to impurity and ever increasing lawlessness,** so now yield your bodily members [and faculties] once for all as servants to righteousness (right being and doing) [which leads] to sanctification.*
*20 For when you were **slaves of sin**, you were free in regard to righteousness.*
*21 But then what benefit (return) did you get from **the things of which you are now ashamed?** [None] for the end of those things is death.”*



3. Worthlessness:



SHAME will enslave you to compulsive habits – smoking, alcohol, drugs, masturbation, sex, food, etc – every one of these habits are SHAME-BASED.



When I feel worthless it creates a "yukky" feeling in my soul, a sense of need; the flesh begins to suggest that you do something about that "feeling" and once you have fallen into the habit pattern the devil joins in to tell you how bad you really are.

You begin to fight against this thought pattern – "I'm not going to drink anymore, I'm not going to get angry anymore", etc.

When SHAME rises up again and begins to torment the soul – you revert to the pattern.

When your soul is out of peace, you attempt to "change" by your own works. The flesh comes with a plan – when you do it, the feeling goes away for a short while but then returns twice as heavy!

"*I'll just have a couple of drinks and then I'll feel better*."

When you wake up, it's worse!

You suffer from the GUILT of your actions and now SHAME and GUILT work together:

"*See! You are worthless! Because you did that thing AGAIN!"*

You feel pressured – a compulsive sinful habit that you have won't go away no matter how much you pray.

You can NEVER break this in your own will.
RUN to the Lord Jesus and ask for HIS power to break this. Your own will can not break this cycle.



4. Broken Boundaries

You and I need personal boundaries in our lives – boundaries that are clear to everyone. This does not mean we have to build walls around our hearts or put cold barriers between others and us. In fact, it's alright for people to see into our lives and even to view some of the treasures inside.

People have to know what is available and what is not.

They need to know that we share important parts of our lives only when we choose to do so.

In healthy families, children learn about boundaries from their parents. At the simplest level, children learn that they can have privacy.

They come to understand that certain body parts are not for others to touch, that they don't have to share their toys unless they want to, that they can keep some things confidential, and that their desires are valid.

In shame-based homes, healthy boundaries don't emerge naturally. Parents who don't have healthy boundaries themselves make too much of their emotional life available to the child.

The emotionally distraught makes the child a confidante to soothe his or her loneliness.

To reveal too much of my inward emotional life to my children with the hope that they will be a comfort to me is to violate the child.

Children develop boundaries only as they mature.

With this in mind, the parent is responsible for setting boundaries on behalf of the children when they are young.



The parent's role is to protect the child from invasive forces like scary movies or unhealthy touch.
Abuse or molestation is the most tragic boundary violation.

It teaches the child: "My body is not my own; it exists to please others."

As a result, the sexually molested child usually becomes promiscuous in adolescence. The promiscuous adolescent may not enjoy sex at all, in fact, may despise it.

But he or she can't seem to stop because of a deep-seated "belief" that I exist to please others.

When healthy boundaries are not present, a person, in effect, exposes too much of themselves to others. Passers-by assume that they can help themselves – to our sexuality, our time, our emotional energy, our money, and our talents.

- Do people just assume they can presume upon your time?
- Do others know they can always count on you to help them out?

- Do people seem to take advantage of your generosity?
- Do you sometimes find yourself wishing that you hadn't given your time, your energy, your resources, your body, or your secrets to someone?
- Do people borrow money from you and not pay it back?
- Do you have grown children who are still living off your generosity but not taking responsibility for their lives?
- Do you have a hard time saying "NO" – and feeling guilty if you do?



How do we recognize shame? Remember, it is: a feeling of not belonging and not having what's required.

FRUITS OF SHAME



1. **Unworthiness**

I am so unworthy. I don't deserve anything good.

2. **The Victim Pattern.**

The victim expects everything to go wrong. He expects to be blamed. He expects to fail.

3. **The Apologizer.**

"Please excuse my existence! I am sorry for breathing your air.
I am so sorry! Please excuse me! I really didn't mean that."

You feel like a burden. Illegitimate children as well as others feel like: "I am not supposed to be here."

So I am a burden to start with. If I am not supposed to be here then I am breathing your air..

4. **Avoiding Conflict**

If I can just keep the peace nobody will know that I am really bad.



5. **A fear of expressing or feeling emotion that you might get out of control.**

    - You may do something that will embarrass you and cause people to reject you.

- You want to hide and maintain secrecy.
- When you loose control and something goes wrong, blame somebody! Or you blame yourself.

- Many times when the parents fail, the children feel it is all their fault.
  "*If I wouldn't have been here..."*



If you are not in touch with your own feelings:
You walk out of the house and punch something - you don't know why you do that!!

This is IDOLATRY – it is all about me. I don't trust God, I can't release my problems to God. I need to control everything just in case something happens and I get hurt.

6. **Relationships are unreliable because you do not trust anyone.**

The most wounding time of your life was when you were the neediest. When you expressed your needs as a child, it made your SHAME-BASED parents ANGRY!!

7. **You have difficulty in saying "no" to people.**

If you can't say "no", you have not said "yes". The flip-side to this is: "*I don't care what people think*."

You have a hard time making close friends because you have a **fear of being rejected.**

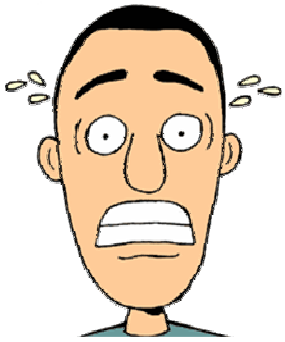
You are fearful or uncomfortable being part of a small group: You will either withdraw or you have a need to lead the group so that you are in control!

8. **Deny anything going on in the inside of your heart.**



- Don't perceive anything. "Your say does not count! You have no opinion!"
- Don't feel! Shut up! Stop trying to express your feelings!

Don't ever make yourself vulnerable. Don't ever open your heart to anyone.



- Don't need! Don't ever ask anyone a favour. Make sure that you are self-sufficient and okay.

You have real difficulty in asking anyone for a favour. You see this as a weakness. You must never be in a position of need because you want to be in control!

If people do help you in some way or other, you have a strong need to pay people back! If somebody just gives you something, you have a strong need to give them something back. You can't just receive something.

This causes you to have an **inability to receive** from anybody – love or blessings, etc. Birthdays…

- Don't think! Don't dream. No vision.
- Don't TALK! If anything bad happens, make sure nobody finds out!

SHAME causes you to stuff everything inside and deny your needs. It's much like eating food and being constipated. You get poisoned!

9. **You are a much better giver than a receiver**. You are a super-worker in the Church. In your heart you can resist doing all the work but on the other hand, you will be compelled to do it – because you feel you are earning your existence.

The more you do, the more you feel that you have a right just to be.

God wants us to be motivated by the Holy Spirit and not by a right to earn our existence.

10. The ones that were really shamed were those with **some or other handicap.**

11. **Deep on the inside you don't feel chosen**. Value is established in the order that you are chosen. If you were good at doing whatever, you would be chosen first.



If you weren't very good, you were one of the last that was chosen. You feel: "I am not chosen. I am just tolerated."

God has chosen us before the foundation of the world was laid. God has chosen His teams long ago! Everybody has a place in His Kingdom! Shame says: It is by mistake that I am part of God's team. He had to take me because of my father, mother, spouse, etc.

Eph 1:1-3 *"4 Even as [in His love] He **chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world**, that we should be **holy (consecrated and set apart for Him)** and **blameless** in His sight, even above reproach, before Him in love.*

*5 For **He foreordained us (destined us, planned in love for us) to be adopted** (revealed) as His own children through Jesus Christ, in accordance with the purpose of His will [because it pleased Him and was His kind intent]—*
*6 [So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), which He so freely bestowed on us **in the Beloved**."*

12. Performance.



"I've got to perform and do it good enough so that they will see that I really am okay."

This is exhausting! The reality is that we never can do it good enough!
We never feel satisfied. We need to do it better.
Shame will drive us to perform and perform!!

We try to overcome the stigma of shame by proving we're really good through our accomplishments.

13. Perfection



We have to do it so good and so right or know all the answers, then we are beyond criticism.

Nobody can say they are bad in any way because they have just done it all right! They are beyond fault. People that are in this trap find it very stressful.

You fear failing therefore you are afraid to try new things. "*If I don't do it right, I am going to be scorned and rejected."*

Make sure you are never wrong. A mistake is NOT okay! **Perfectionism** gets established. SHAME generates **PRIDE**.

14. Pride



This is a sure sign that there is shame underneath.
We try so hard to feel good about ourselves to overcome the shame because we don't know that God can help us feel good about who we really are without the pride.

The pride says I am better than you are.

15. Bitterness

There are two kinds of bitterness that are a reflection of shame:

- The **shame-blame game** – We are always blaming the other person so we don't look bad. Shame is where I feel I am the bad one so if I can make you the bad one I can be okay.

- **Put-downs** – I may have it but you have it worse than me! I do not want to be the bad one so I make the other person look worse than me.

16. Anger



People with shame carry an anger that is just under the surface. You feel it but you can't get to it! You can not identify where it is coming from. It is not related to anything that is happening in any given situation. It is related to your shame.

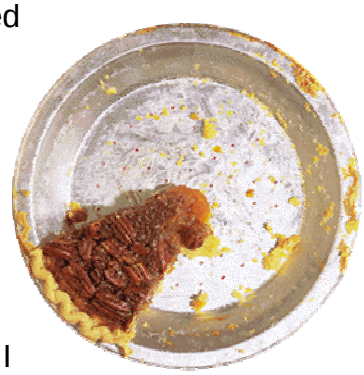
If you experience a lot of anger and rage working in your life it shows that you are full of shame.

Being shamed is not fair and I don't like it!

17. Jealousy

This comes out of the faulty belief that there is a limited amount to go around.
There is a limited amount of:

- Love
- Success
- What we can give
- Who we can be



So that every time you succeed I feel like I am losing. It's like there is only one pie so if you get a slice, then I have a deficit.



Any time anybody wins, we feel jealous. Instead of saying there is a place for you and nobody can take that place.

The shame-based person feels constant competition and constant loss.
There is no place for us BOTH to be okay.
We can't both win on the same day.

18. Control

Out of that jealousy comes a lot of control. We especially see this in the church:

I control you so that you don't get ahead of me or get in my place or take something away from me.

I also control to stay safe – territorialism in the church – this is my Sunday school class! I am going to do it all – it's mine!

I get my significance and my security to try to overcome my shame by being in this position.
Don't you dare try to take it away from me or threaten it.

As we see these fruit manifest in our lives, we can begin to identify our enemy.

DEMONIC OPPRESSION



Eph 4:27-29 *"27* ***Leave no [such] room or foothold for the devil [give no opportunity to him].***
28 Let the thief steal no more, but rather let him be industrious, making an honest living with his own hands, so that he may be able to give to those in need.
29 Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it."

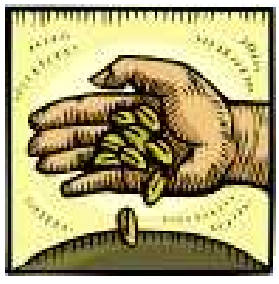
"Give no inhabited space to the devil – give no inhabited space to the demons hanging around you waiting for an opportunity to come into your body."

How does this work?

Because of the ancestral sins and curses and because we were born into a wounded family, the seeds of the generational curses are carried in our personhood.

Seeds could be:

- Abandonment
- Sexual sins
- Occult involvement
- Gossip
- Victimization



These seeds are waiting for a triggering event – a little rain on a garden causes seeds to spring up.
The triggering event is our initial shaming event. The demons will make sure we get it as early in our life as possible.
The younger we are the more defenceless we are.



A shaming event comes along and triggers the seed that has been lying dormant and it starts to grow.

Not everyone has become a shame-based person but we all get shamed.

Traumatic events definitely cause the shame to grow.

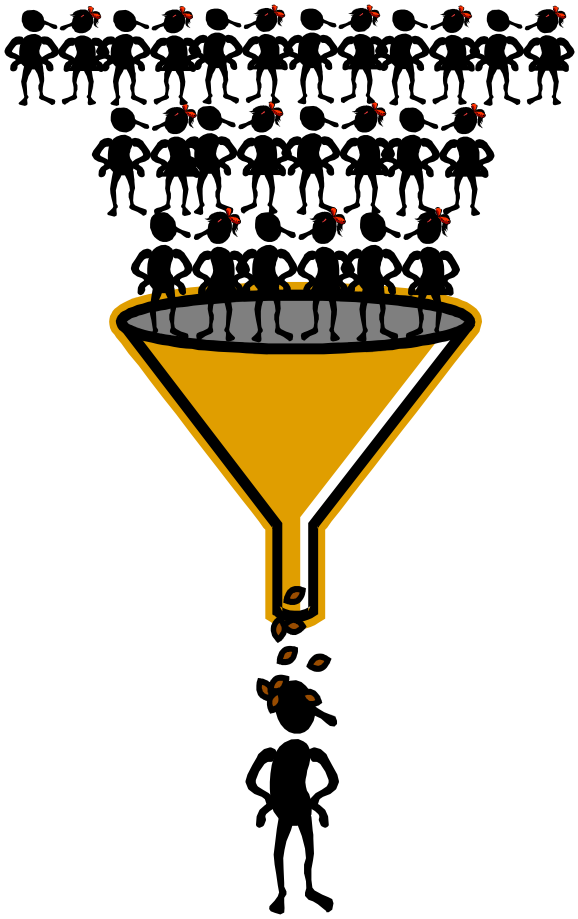
For example:
Rape, Incest, sexual defilement of any kind are an immediate abandonment or separation from whoever is doing it to us, it is a victimization and a HUGE trigger for shame spring up.

“What is the matter with me??” is the basic question that comes out of that.

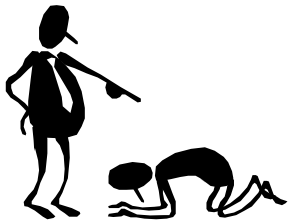
The path of shame in our lives:

Sins of the forefathers and curses set us up.

Seeds come down the generational lines.



A hurt occurs – minor to major.
Seeds get triggered and begin to grow up.

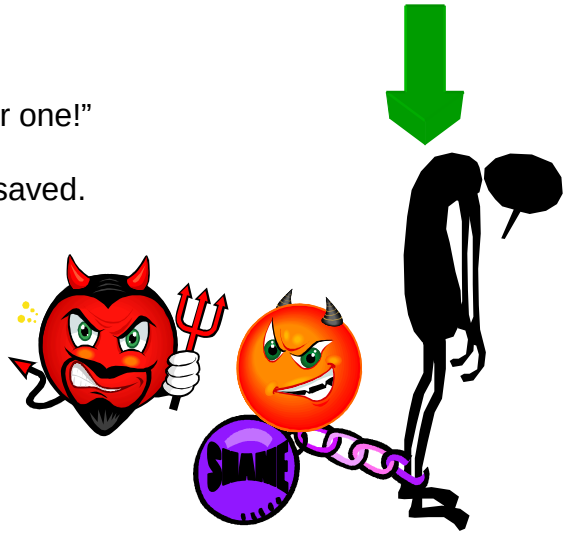


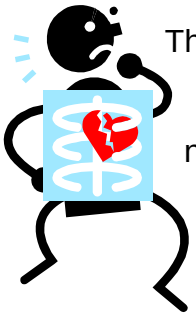
Questions get raised: “What is the matter with me?
Why am I different to other people?”

Ungodly beliefs get put into place.

Demons are very happy – “we got another one!”

Their plan: “Keep this person from being saved.
Keep them from fulfilling their destiny.”





These captive people then become so **self-focused** trying to deal with their shame, even if they don’t know what to call it, they will not do what God has called and created them to do – they will not fulfil their destiny.

This is the greatest tragedy and loss of the shame-based stronghold.



BUT we can be FREE in Jesus Name!!

The Way Shame-Based Families Think and Talk[2]	
YOUR Family's Statement (beliefs and "rules" in your family)	**YOUR OWN self-talk (what you believe about yourself that was learned from your family)**
1. Performance over person "How well you do determines who you are"	**1. Human doing vs. human being** "My worth depends upon my ability to always do well"
2. Not allowed to make mistakes "Stay within the lines, don't stumble; don't let others do better than you"	**2. Perfectionism** "If I blow it, people will not accept me, appreciate me, or love me"
3. Cannot do it well enough "You always do that wrong, you never get it just right, you could have done a better job"	**3. Success sabotaging** "Things never work out for me; someone else could probably do a better job than me; that position is too important for me to accept"
4 Must always do better "Never give full credit because they will stop trying."	**4. Over-achieving** "Have I done enough? Never mind the awards I've won, look what I haven't won yet"
5 Conditional support "If you do things right, I'll support you, if you perform well enough, I'll really be proud of you"	**5 Self-worth contingent on others** "I am okay only if you approve of me, what do you think of me? Do you think I did well enough?"
6 Undiscussed issues, secrets "We're supposed to be a happy family, we don't talk about things like that." "It is in the past, so there is no need to talk about it, if you tell anyone, things will get worse for you"	**6 Fear of discovery** "If people really knew about me, they would leave me. If people found out, they would think less of me"

[2] Table by Alan D. Wright

Stages of How Shame Develops In Our Lives[3]:

I WANT LOVE AND ACCEPTANCE



I DON'T GET IT BECAUSE...
...it's withheld when I fail or...
...the people I need don't have love to give, or...
... the people I need are addicted to other things, or...
...I am abused or abandoned



I FEEL FLAWED



I'M ASHAMED, SO I HIDE

I TRY HARDER (PERFECTIONISM)
OR
I GIVE UP AND DON'T TRY AT ALL (REBELLION).



MY FAILURES AT PERFECTION OR MY OUTRIGHT REBELLION MAKE ME FEEL EVEN MORE ASHAMED.



THE SHAME IS SO PAINFUL I TRY TO TRANSFER IT TO SOMEONE ELSE.



I BECOME VERY ANXIOUS BECAUSE NO MATTER HOW HARD I TRY, IT'S NEVER ENOUGH.



I TRY TO ALLEVIATE MY ANXIETY -
...success, materialism, alcohol, sex, accomplishment...

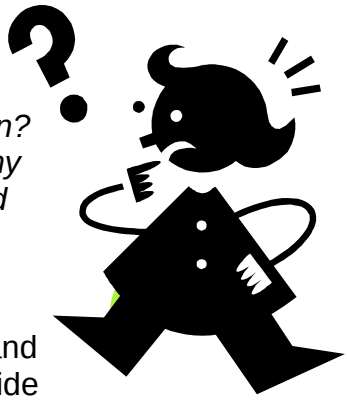


[3] By Alan D. Wright

What shame Tells Us:

1. Shame tells us that **those who we are in relationship with are always RIGHT** (it starts with our parents). If they are doing something evil or wrong to me, it's because there is something wrong with me. If my parents are wrong, it places me in a more dangerous position, and that is - I am out of control!

Sudden disruptive experiences often times, as a child, e.g. all of a sudden a dad yells at you – why? Because you bothered him, disturbed him, you got in his space, you talked too loud and he was watching TV, or you are going somewhere where you are not supposed to go: "What are you doing? I told you don't go there!"



This explosive behaviour causes a person to distrust their own perception and experience of life: "*Why did that happen? I can never count on what's going on. Here I am, minding my own business, and suddenly I am jerked over here! Why did you do that??*"

When we grow up, we experience our circumstances with the Lord the same way. Example: I get into a car accident and I think: "Well, that is just what I deserve!" Shame works inside and says: "I would expect that to happen."

Shame causes us to distrust our own perception of ourselves, causes me to feel that *"Who I am is not okay"*.

Ps. 44:13-16 *"13 You have made us the taunt of our neighbors, a scoffing and a derision to those who are round about us.*
14 You make us a byword among the nations, a shaking of the heads among the people.
15 ***My dishonor is before me all day long, and shame has covered my face***
16 At the words of the taunter and reviler, by reason of the enemy and the revengeful."

Ps. 69:7 *"7 Because for Your sake I have borne taunt and reproach; confusion and* ***shame*** *have covered my face."*

2. It **causes emotions and to be bound up and suppressed**, i.e. instead of expressing what you are feeling, shame causes you to believe that it is not right to feel how you feel.



The truth is: What you feel is what you feel!!

You can not govern what you feel! So now I blame myself for feeling what I feel.

What happens if I feel angry at somebody? What happens if a feeling of lust comes upon you and shame says: "*See, what a terrible person you are because that thought came to your mind*."

Shame says: "*Yeh, that is just the way I am. I am just this rotten, awful, yukky person."*

Emotions that are not released due to "shame" creates the same result as someone who eats food, is blocked like a cork, causing everything that you ate to turn to poison.

It can also be like hyper-ventilation. You keep breathing in but your blood-steam gets filled up with carbon-dioxide and so your blood doesn't take in the oxygen it needs and your brain isn't getting any oxygen.

Your brain sends a signal down to the lungs that you need more oxygen. The lungs start to breathe faster but it does not help. The blood cannot carry the oxygen because it is full of carbon-dioxide that has not been eliminated.

Shame blocks us from eliminating that which needs to be expressed to come out to before the Lord. One day the **shame-cork blows**!! That causes Christians to have mental break-downs; to get involved in adulterous affairs, etc.

Shame also produces a life-long fear of abandonment. "I am not going to be taken care of. I am going to be abandoned by my husband/wife."

Shame ultimately **objectifies** a **person**. You are not valued for your personhood. You are not valued for relationship.

You are worth only for what you can do for others. Slaves are owned and valued for their productivity.

Prostitution is a symbol of ultimate shame, *I am only worth what someone will pay for me, so I might as well sell myself.*



Fatherless children are tempted to prostitute themselves in a thousand different ways. Every concession of integrity in order to gain the "payment" of acceptance from others is an unseen prostitution of our souls.

The temptress says:

"You're a slave. Your life is going nowhere fast. Your only chance at happiness or advancement is through the pleasures of sin and the deception of others. Enjoy the moment of pleasure; it will temporarily make you forget that you are a slave whose life is slipping away. Come to bed with me and you will feel alive again."

The only way that we can avoid the temptation to settle for a perversion of real love is to have real love.

Jezebel uses Shame to attack us



Elijah had a powerful heavenly experience on Mount Carmel – he saw God in action and answers his prayer against the Baal prophets. Just after that experience, he finds himself fighting fear and running for his life from Jezebel who threatened to kill him.
What happened to him?

Image for a moment the prophet's mental torment:

- *You gave it your best, but your best wasn't good enough.*
- *You gave it your all, but your all didn't measure up.*
- *If you tried that hard and failed, you might as well give up.*
- *Besides, you're the only one left – no one notices; there is no one to help you.*
- *In the end you're no better than those who have gone before you.*
- *You're like every one else – a failure.*

Our own Mount Carmel's are opportune moments for the enemy because those are the seasons in which we have given it our all. We have done our best. The pain is finding your best not to be enough.

Elijah's plea for death is a plea for escape from the pressure of life. For Elijah, that day, **sleep** would be his anaesthesia.
Food, alcohol, pornography, busyness, materialism – almost anything can serve as your plea for escape.

Suicide is simply the final attempt to find an anaesthesia that will turn off the pain of life's pressures But suicide is just the move from one hell to another, our anaesthetics always wear off., and our Jezebels still chase us down.

We want to believe that when there are no more Jezebels, we will finally find some joy.

Let the following words sink in….

There is no accomplishment great enough to obliterate the pressures of life.

There is no level of success high enough to exempt you from Jezebel. Never be tempted to excuse yourself from the battle.

Never, while you live in this broken world, image there will be a day when you can safely shed your spiritual armour and declare the war to be over!

No matter what level of spiritual maturity you might attain, the enemy of your soul will fight and contend with you until your last breath.

Once you realize that you will always be in process and we will never achieve perfection in this life, then you will be ready for the Jezebels.

You will always be substandard in somebody's eyes. There will always be people ready to criticize, critique, and demean you. It comes with the territory.

You need to be set free from the bondage of performance. God will deal with the voices of Jezebel that shame you and eventually He will silence satan himself.

God's answer for your shame is not your personal success. God wants to be with you in your pain, to bear your shame, and nourish you for the journey ahead.

God will not leave His children comfortless. When you give up on yourself, God doesn't!

What happened to Elijah after Mount Carmel? God sent an angel!

"*Get up and eat for the journey is too much for you!"*

Jezebel is too much for you but not for God! The shame of the past is too much for you – but not too much for God!

The battle is the Lord's – Yes you will win but it will be "Not by might, nor by power, but by My Spirit"



Life is a journey, not a destination. Shame-based believers tend to focus on arriving at a point of success to prove themselves.

Grace-filled believers focus on walking with God.

A Proclamation

I choose today to get up from my place of shame, take God's nourishment, and set my eyes on the glorious journey that is still ahead.

Prayer:

Lord, despite the triumphs of my life, You know I am prone to discouragement when the enemy keeps attacking.
Send Your angels to pick me up, speak Your Word to lift me up and show me the journey that is still ahead.
I thank You for all that You have done in my life – for every victory and every accomplishment.

But Lord, don't let my successes lull me into spiritual vulnerability.
Gird me with Your full armour and grant me the faith to see that the best is yet to come.
In Jesus Name,
AMEN



Lies that Keep Shame on the Inside:

1. You always need to be **good**. Cover up the vessel at all costs!



"**Good**" is usually a code-word that means "perfect". "*You be a good boy today. You be good when you go to school today. You be good when we have friends over today.*"

This is especially true for pastor's children. Children should not be "good", they should be healthy. Let them be children!! They sin, make mistakes, they fail, they will do things they should not do – allow them to grow up!!

If children have to be perfect to make us look good, then we are in IDOLATRY! We are worshipping our children instead of God. We are trying to manage their appearances so that people think I am okay.
The truth is: I AM NOT OKAY!! Neither are our children. We are all still in a process of recovery.

The code-word for being "good" also includes:

- Never inconvenience others. It starts with parents telling us: "Don't be selfish!"

  What it really means is: Don't have any legitimate needs. Don't put anybody out. Don't let anybody know you need something. Don't let them know something is bothering you."

- Do everything perfectly without it being taught or practised!! If you get told to do something, you should know how to do it!! (Even if you are only three years old!!)

  You can't just get onto a bicycle and know how to ride it! You can't just potty-train and get it right the first time!!

- Never embarrass or disappoint your parents. That leads onto: Don't embarrass other people, or the church, etc.

- Only let people see what is practised and looks good. Don't let anyone see you are still practising and learning things. Everything is a show! Everything you do must be excellent!!

- Never have a critical thought of other people. Everything adults do is right. Don't ever talk back or ask questions – never criticize. Just do as you are told.

- You always win!! Never get less than an "A" at school. Never lose!

- Do everything you are asked. You are supposed to thrive in instability, chaos and stress.

- Only remember the happy times! Don't think of the unhappy times like mom and dad fighting, don't remember the times that you were sad or when you were hurt, etc.

The Definition of Shame



- **Uniquely Flawed**:

People who believe the shame lies will never tell other people what is happening to them. Shame, by it's very nature, keeps us from telling other people. "I am so bad, you would not have understood. I am so bad I can't let you know about it."

- **Fatally Flawed**

"There is nothing I can do about it. Not even God can help me."

Guilt will come and go as we do good and bad things. But shame stays!

What is the primary motivation of a shame-based person?

1. **Stay safe!**



You have to be your own safe place. You don't trust God or other people to provide a safe place for you. Stay safe, be safe – self protection.

It is then very difficult to fully move into God's family and be His son/daughter if we are being our own safe place.

Goal: Keep the shame from being exposed and thus to keep from experiencing the pain of rejection and abandonment.

Abandonment triggers the shame – and so the pain that goes with that abandonment, isolation and separation from other people, the pain of being all alone, etc, is something that we do not want to keep experiencing.

So we push it down and say it is not there and do our best not to experience anymore abandonment or rejection.

We work very hard to not get the shame exposed.

Shame, which is telling you how awful you are, stirs fear and makes room for **fear** because you are afraid that the people will find out how awful you are. And when they find out, they will reject you and avoid you and so you are **controlling** very hard to keep them from finding out!

SHAME – FEAR – CONTROL

These three work together which makes them worse than just three individual strongholds oppressing you.

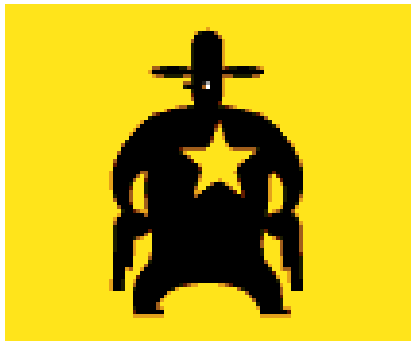


WE NEED TO DECLARE WAR ON SHAME!!

God has designed us for **relationship**: Most of all with Him and then with other people.
He designed us to be in **families** – we have an innate drawing to be in relationship with other human beings.

BUT if we are uniquely and fatally flawed, it means that nobody wants to be with us!"

Fear rises up! "What if they find out? They will reject and abandon me! I'll be all alone"



Control then stands up and says: "I'll keep them from finding out!"
He is like a sheriff who guns down anyone who threatens the shame.

Some people are so controlling and they appear very touchy and aggressive.
Others are so passive – they won't engage with you because their control turns inward and they will not take any risks just in case it disturbs their shame.

Perfectionism: If I do everything just right, you won't discover how awful I really am!

Gen 3:6-10 *"6 And when the woman saw that the tree was good (suitable, pleasant) for food and that it was delightful to look at, and a tree to be desired in order to make one wise, she took of its fruit and ate; and she gave some also to her husband, and he ate.*
7 ***Then the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves apronlike girdles.***



8 And they heard the sound 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 among the trees of the garden.
9 But the Lord God called to Adam and said to him, Where are you?
10 He said, I heard the sound of You [walking] in the garden, and ***I was afraid because I was naked; and I hid myself."***

Adam and Eve used fig leaves to take control of their shameful situation of being naked.

Hiding from the Lord is also a form of control.
Why are they hiding? Because of the fear of the shame of being naked!

The human race has been hiding from each other and hiding from God since the Garden of Eden.



Why?

"*Because I don't want you to see who I really am.*
I don't want you to see that I am uniquely and fatally flawed."

There is something the matter with me.- I don't know what it is – but I can't do anything about it."

THIS IS THE ULTIMATE TRAP OF SATAN!!

So God sent us a Saviour!! We needed a Saviour!!

Adam and Eve abandoned God – they went to hide.



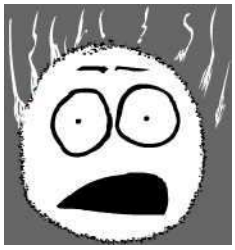
False identity.

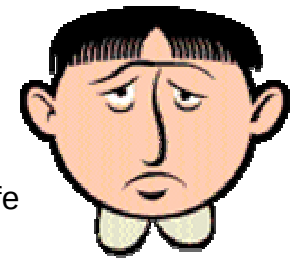
"I'm cool! God is so wonderful! I am full of faith!"

BUT the true identity is entangled and under-developed. It is immature in its emotions. The true identity has not been able to grow up and become a matured man/woman of God, walking in your full identity and purpose.

We believe that our identity is: Shame – fear – control.

I am SHAME.
I am FEAR.
I am CONTROL.

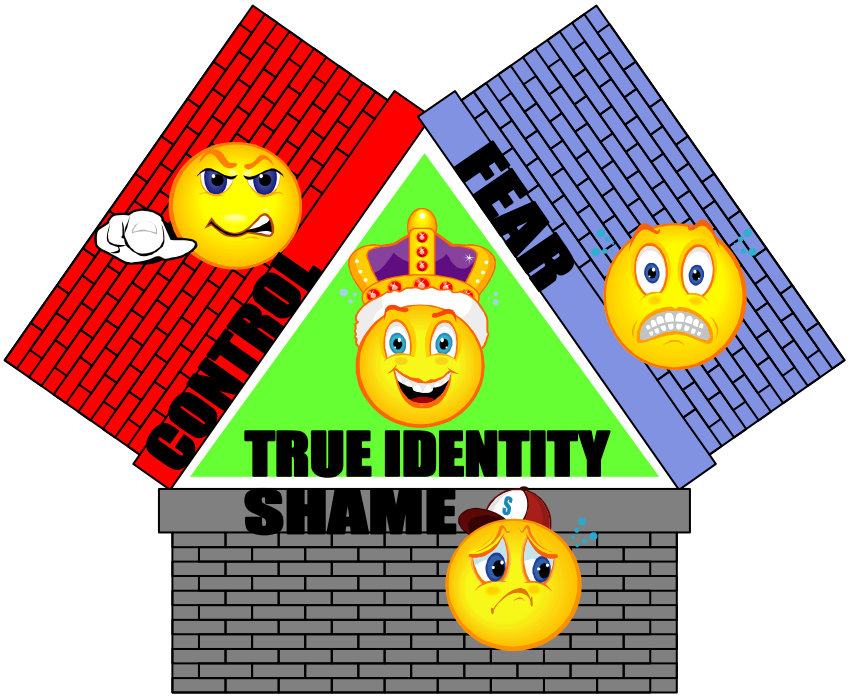




It is not what I do – it is who I am!!

This is then a demonic stronghold masquerading as our true self – we have bought into that lie. We go through life protecting a demonic stronghold!!

We have made room for the enemy to live in our house and we think it is us! That is why it is so hard to expose the shame within ourselves.



The thing about shame for the most part is that nobody else sees it and nobody else ever knows.

We are the only ones that go back to those memories. God wants those memories healed and He has given us a way.

PART II: GOD WANTS TO DEAL WITH ALL OUR SHAME

He wants to release us into GLORY and BOLDNESS.

Satan's purpose is to impart shame to you because that will keep you from the glory of God. Shame will also keep us from the boldness that God intends for us to walk in.

Guilt says "I made a mistake!" **Shame says "I am a mistake**!"
God did not put shame in the Garden of Eden.



2 Cor 4:1 *"1 THEREFORE, SINCE we do hold and engage in this ministry by the mercy of God [granting us favor, benefits, opportunities, and especially salvation],* ***we do not get discouraged*** *(spiritless and despondent with fear) or become faint with weariness and exhaustion."*

Satan wants to get you to loose heart. What ministry is Paul talking about?

2 Cor 3:4 *"4 Such is the reliance and confidence that we have through Christ toward and with reference to God."*

Your adequacy is going to be from God - not from yourself. The ministry that came through Moses came with GLORY. It changed the physical appearance of Moses.

2 Cor. 3:8 *"8 Why should not the dispensation of the Spirit [this spiritual ministry whose task it is to cause men to obtain and be governed by the Holy Spirit] be* ***attended with much greater and more splendid glory?"***

We have received a ministry of the Spirit and that has more GLORY! A GLORY comes upon us when we carry the righteousness of Jesus Christ!

We have boldness because of the glory!



When you are not looking toward the Lord there is a veil over your eyes - you can't see your circumstances clearly. Whenever you **turn to the Lord the veil is taken away and you see clearly.**

The ministry of The Spirit is to transform us from glory to glory in His Image.

1) We have to renounce shame!

Shame is a focus on me - the vessel. Shame is a type of FEAR. It is a fear that there is something wrong with me.

Shame is like being the only caterpillar in a world of butterflies! You are also separated from all the butterflies. You don't know how to become a butterfly.



Paul says we must renounce doing that!

2 Cor 4:2 *"2 We have **renounced disgraceful ways** (secret thoughts, feelings, desires and underhandedness, the methods and arts that men hide through shame); we refuse to deal craftily (to practice trickery and cunning) or to adulterate or handle dishonestly the Word of God, but we state the truth openly (clearly and candidly). And so we commend ourselves in the sight and presence of God to every man's conscience."*

We must renounce hiding because of shame - I do all kinds of things to appear okay - but deep inside, I know I am not!

When shame is working, what we do is that we do not receive the word directly - we receive it through our shame. We mix it with those things we need to do to cover up all this stuff that we feel yukkie about on the inside.

What are we going to do with all this??

2 Cor 10:3-5 *"3 For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons.*
4 For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,
5 ***[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),"***

You need to understand that whosever rules you have embraced on the inside becomes "god" to you.

We feel that we can't renounce those rules because we will be betraying "god" if we do that!

- "*The Church told me that's the way it was!*
- *The Church told me: don't ever have a need!*

- *The Church told me if you masturbate, cover it up and don't let anybody know it is a problem for you because that is a shameful, terrible thing!!"*

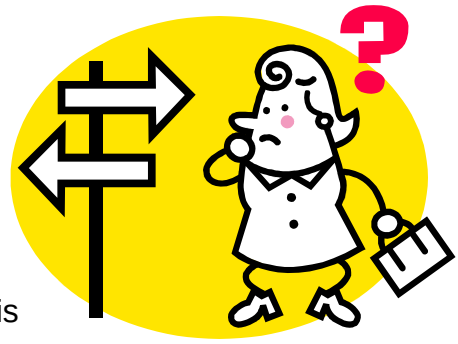
These **strongholds** work on the inside of us. We need to renounce them to be set free!

For example: If your father molested you, or you were raped you, or beaten you, these acts do not declare who you are.

We need to go to the Lord and ask Him to bring healing into those areas of our lives so that we can **renounce the shame** that has come upon us.

The Truth is:

1. You don't need to remain where you are. The things of the past influence you but **they don't control you**. You can allow change to take place.
2. Choices reflect the rules you are following. You can change your choices.



What you need to know about yourself:

There aren't any butterflies! Everybody is just like you!! Nobody is perfect!! We are all in the process of change. Nothing that has ever happened to you is a statement about your personal worth.

What you can know about other people:

You are not responsible **for** other people; you are responsible **to** other people.
Shame makes you responsible for everybody else around you.
If you can't say "no" you have not chosen to say "yes". Shame makes people not able to say "no".

What you need to know about God:



God is not like your parents. God loves you for who you are but He loves you too much to let you stay there.
God loves us and calls us to serve Him. If you are serving other people you will look to them for approval instead of looking to Jesus Christ.

God builds His Church out of bruised and broken people like us! God is making an army out of us!! God wants to heal us so we can walk in boldness, unashamed, and free to love and be loved!!

Jesus Christ in you, the hope of GLORY!!

Remember, shame is very different from guilt. Guilt is a feeling "I made a mistake. I did something wrong."
Shame is a feeling: "I am a mistake. Something is wrong with my being. Something is wrong with who I am."

God never intended for anyone to experience shame. God did however intend for you to experience guilt so that you would know when you did something wrong. Guilt is not bad.

Guilt is like an oil light in your car. You can not just get rid of it by taking a hammer and smashing it! Many people are using all sorts of therapies and techniques to try and get rid of guilt.

Guilt is removed – if I do something wrong, and repent, ask forgiveness, I will be set free because Jesus died for my sin. Without Jesus there is no way to get rid of guilt.

Trying to get rid of guilt without Jesus is just like smashing the oil light in the car and driving on, thinking the problem is taken care of! But if we do that, there comes a day that our "engine" seizes up and we land in hospital.

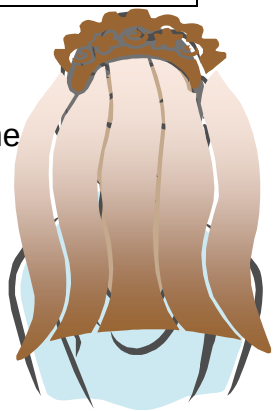


How to identify the feeling:

- I just don't belong. I am not supposed to be here.
- I don't have what it takes. I am going to be a big disappointment to everybody.

1 John 2:28 *"28 And now, little children, abide (live, remain permanently) in Him, so that when He is made visible,* ***we may have and enjoy perfect confidence (boldness, assurance) and not be ashamed and shrink from Him at His coming."***

2. We must manifest truth.



The **truth** is **veiled** to the unbelievers because if we walk in shame - we are the vessel that must carry the light of the gospel.

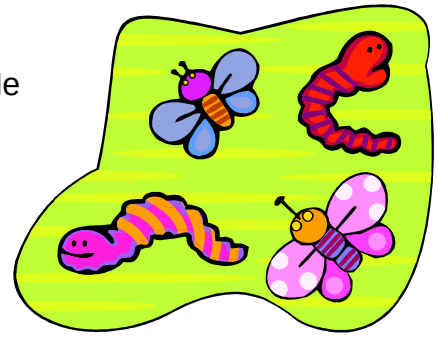
The devil gets you to focus on yourself – he shows you all the things that are wrong with you so that you block the light from coming forth.

You get ensnared by mingling the Word with false doctrines and ideas of men – based on the degree of wrong identity that we exhibit toward God's Image of me.

When light shines out of an earthen vessel, the vessel gets exposed. Fear makes me want to cover the vessel to make sure that there is not further hurt.

A hypocrite is somebody who is not honest – having one appearance but living differently on the inside.

All hypocrites must stand up and repent and accept the Truth of God's Word – you are special!!



God builds His church out of caterpillars and then He transforms us!!

3. We must cease from Works.

For every level of Glory to come God has to peel off the next layer of SHAME.
Shame causes you **to work all the time** to justify your existence.

If I do not do something that is powerful and wonderful and spiritual important and valuable, then I am a nobody.

I must be busy all the time doing all this stuff so that I can feel good enough to breathe the air on this planet.

Isaiah 57: 14-15 *"Cast, cast up, prepare the way! Take up the stumbling block out of the way of My people.*
For thus says the High and Holy One, I dwell in the high and holy place, but with him also who is of a ***thoroughly penitent and humble spirit****,*
to revive the spirit of the humble and to receive the heart of the thoroughly penitent (bruised with sorrow for sin.)"

1 John 2:28 *"And now, little children, abide (live, remain permanently) in Him, so that when He is made visible, we may have and enjoy perfect confidence (boldness, assurance) and* ***not be ashamed*** *and* ***shrink*** *from Him at His coming."*



Do I get out of this messy feeling called SHAME by works?
If:

- I work HARDER
- Do MORE good works
- STOP being bad

I will feel better?!?

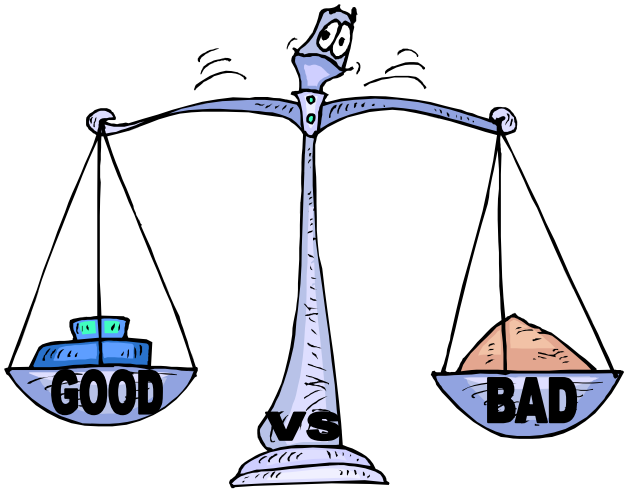
NO!!

Works for salvation is unbiblical and falsely comforts the soul.
We are **saved by faith** in the Messiah.

Eph. 2:8-9 *"8 For it is* ***by free grace*** *(God's unmerited favor) that you are saved (delivered from judgment and made partakers of Christ's salvation) through [your] faith. And this [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God;*

9 Not because of works [not the fulfillment of the Law's demands], lest any man should boast. [It is not the result of what anyone can possibly do, so no one can pride himself in it or take glory to himself.]"

The Strain, Pain & Uncertainty of:



God wants to lift this off of you!
Jesus was SHAMED that we might not have SHAME on us. God wants to exchange your SHAME for His GLORY!!

If you carry SHAME that Jesus came to die for and pay for, then exchange has not taken place.



Exchange means: You give what you had and give it, and you no longer have it! You take what He had and you now have that!

Jesus was called a BASTARD all His life. He allowed that so that you don't have to carry the SHAME!

4. We must take off the garment of Shame

David asks that those who seek his downfall to be clothed with a garment of shame.



Ps. 35:26 *"26 Let them be **put to shame and confusion** together who rejoice at my calamity! Let them be clothed with shame and dishonor who magnify and exalt themselves over me!"*

Ps. 109:29 *"29 Let my **adversaries be clothed with shame** and dishonor, and let them cover themselves with their own disgrace and confusion as with a robe."*

We need to understand that those who have shamed us have put such a garment on our shoulders – we need to take this off and put on **the robe of joy!**

God says He is on my side!

Ps. 132:13-18 *"13 For the **Lord has chosen Zion**, He has desired it for His habitation:*
14 This is My resting-place forever [says the Lord]; here will I dwell, for I have desired it.
*15 I will surely and **abundantly bless her provision**; I will satisfy her poor with bread.*
*16 Her priests also will I **clothe with salvation,** and her saints shall shout aloud for joy.*
17 There will I make a horn spring forth and bud for David; I have ordained and prepared a lamp for My anointed [fulfilling the promises of old].
*18 His enemies will I **clothe with shame**, **but upon himself shall his crown flourish."***

We need to understand this **concept of shame and a robe** / being clothed:

Shame in Hebrew Strongs 1322: בֹּשֶׁת **bosheth** means:
The feeling of the condition of shame and confusion.

These feelings "hang" over us like a robe and can even become an idol (something we need to feel safe in).

The act of disobeying means to take off, step away from the feeling of confusion / shame.

5. We must Restore Honour to our Parents

Irrespective of what my parents did to me, God wants me to **honour** them.

Part of my healing is when I take this step to **publicly honour them irrespective of what they did to me**. A child who does not move in this act of obedience shames his parent.



Prov. 10:5 *"5 He who gathers in summer is a wise son, but he who sleeps in harvest is a son who **causes shame**."*

Prov. 17:2 *"2 A wise servant shall have rule over **a son who causes shame**, and shall share in the inheritance among the brothers."*

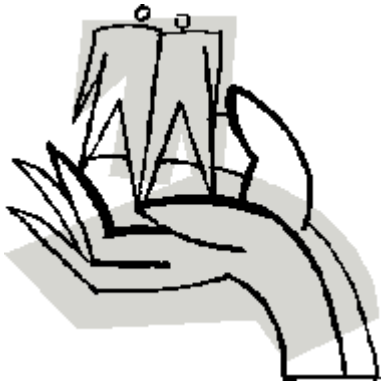
Prov. 19:26 *"26 He **who does violence to his father** and chases away his mother is a son who **causes shame** and brings reproach."*

Shame in Hebrew: **954 בּוֹשׁ bosh** means:
- to be disappointed, delayed, ashamed BUT also to become dry.
We need to **reverse** the dryness, i.e. cause the oil of anointing to flow through our bones by the acts of declaring God's purpose of blessing on our parents.

Ps. 119:31 *"31 I cleave to Your testimonies; O Lord, put me not to shame!"*

How can we help people to change in a Biblical Way?

The best thing we can do is pray:



- Intercede for those who need to change.
- Ask God to open the eyes of their hearts.
- Stand in the gap.
- Envision God's best for them.
- Plead the promises of God over their lives,
- Pray the scriptures over them.
- Ask the Holy Spirit to convict them.
- Pray for God to put Godly influences in their lives.

There are three basic Biblical strategies to help others change.



1. **We change a negative person by sowing the opposite spirit.**

Rom 12: 21 *"21 Do not let yourself be overcome by evil, but overcome (master) evil with good."*

2. **We enable positive change through the power of blessing**.

A Biblical blessing has a prophetic power to release positive change in a person.

[Conversely, curse has negative power and, if unrenounced, can shape our lives for the worse.]

3. **We help people embrace responsibility by treating them as if they are owners and not slaves.**

a) Slaves are valued for their productivity, whereas sons are valued for their position.

b) Slaves live primarily by rules whereas sons live by relationship.

c) Slaves live trying to avoid pain whereas true sons get ahead by claiming promises.

What motivates us to work hard in life?

How can we challenge our children, supervise our employees, and exhort loved ones without shaming them, because if we do, we will eventually produce slaves.

We get people to work more, try harder, and perform better by threatening the withdrawal of our love and acceptance, but we will never set them free.

We produce workers who have no joy and who are looking for a way to escape the responsibilities that so haunt their consciences.



Once we have been filled with shame it produces slave thinking:

"*I have to perform in order to be accepted. Therefore I'll work hard, but only up to the point necessary to avoid rejection."*

We work for the promotion, the new title, or the better salary, but not for the improvement of the business.

In our shame, we don't look at life like owners who are investing ourselves in a great dream, but more like slaves trying to escape further hurt.

Only free people own things!

The key to motivating people is to liberate them. Only when people see themselves as owners will they take responsibility.

Shaming message:

"*Why can't you be a better husband and father by leading us in family prayer, devotions and church attendance?"*



Usually, while shaming the husband for his passivity, the wife becomes all the more domineering. He might respond dutifully like a slave, or, more likely will retreat into his own world to avoid the shame.

The husband of a domineering wife remains passive because he feels no ownership of the decision making in the household or in the parenting of the children.

Shaming message:

"You're not a good wife – if you want to be a better partner, you'll have sex with me more often."
The wife will either dutifully participate in having intercourse more often to avoid the shame, or she will find herself feeling increasingly less attractive to her husband. So her husband has produced a slave who responds to him out of fear of abandonment rather than genuine attraction.

If the wife can be approached as an heir of life together and with a sense of full partnership, she will be attracted emotionally and physically to her husband.



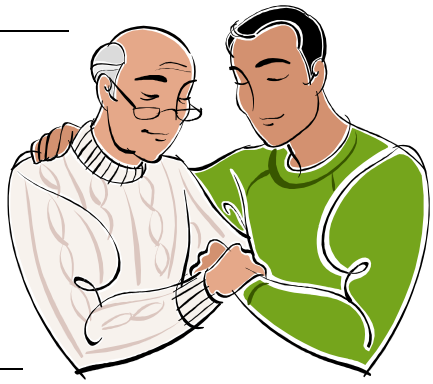
The fruit of shame is SLAVERY.
If you make slaves of others around you, they'll eventually want to break free from you.

If you choose the way of God – you'll produce FREE people. You can't control and manipulate free people.

A Proclamation

I choose today to abandon the unhealthy ways that I try to change others with shaming tactics.

After an honest evaluation of how I want the people I love to change, I will apply Biblical strategies and patiently wait for God to work in them.



Prayer

Father God, forgive me for my futile attempts to change others using shame or other corrosive tactics. I have not succeeded in helping others in those ways, but have only added to their problems.

From now on, Lord, I want to only use Biblical strategies to help others change.

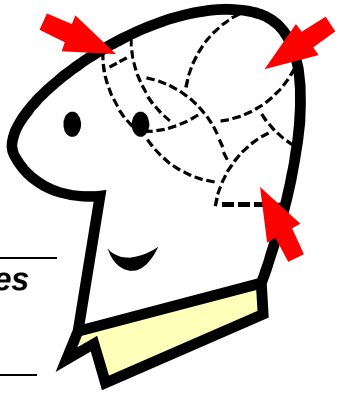
Teach me to bless, not curse.
Teach me to overcome evil with good.
Teach me to instill ownership in others and never enslave them.

Father, I now ask Your grace, love, and goodness to be poured out in _____'s life.

Let him/her be captured by Your affection, set free by Your mercy, and empowered to be all You have called him/her to be.

In Jesus Name,
AMEN.

Believers who have Experienced Shame must Renew their Minds:



We are given a Covenantal promise – God will not put us to shame:

Rom. 10:11 *"11 The Scripture says,* ***No man who believes in Him*** *[who adheres to, relies on, and trusts in Him] will [ever] be* ***put to shame or be disappointed."***

Ps. 25:2-3 *"2 O my God, I trust, lean on, rely on, and am confident in You.* ***Let me not be put to shame*** *or [my hope in You] be disappointed; let not my enemies triumph over me.*
3 Yes, let none who trust and wait hopefully and look for You be put to shame or be disappointed; let them be ashamed who forsake the right or deal treacherously without cause."



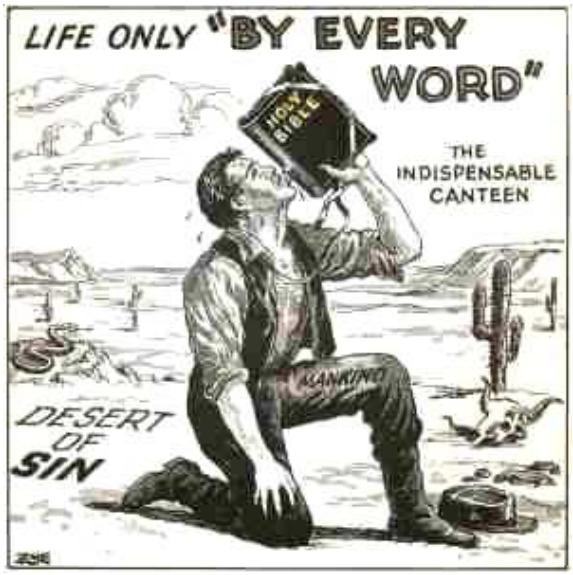
In the same manner that I came to believe in the works of Yeshua in my life, I must have **faith** that He will be my Banner.



Rom. 9:33, 10:11 *"33 As it is written, Behold I am laying in Zion a Stone that will make men stumble, a Rock that will make them fall;* ***but he who believes in Him [who adheres to, trusts in, and relies on Him] shall not be put to shame nor be disappointed in his expectations.***
11 The Scripture says, No man who believes in Him [who adheres to, relies on, and trusts in Him] will [ever] be put to shame or be disappointed."

The Torah is the absolute Truth, the Word of God and every word written will come to pass.

I believe with my whole heart (even if I do not fully understand the interpretation) and have faith in the power of the gospel to bring salvation. I will not be ashamed.



Rom. 1:16 *"****16 For I am not ashamed of the Gospel*** *(good news) of Christ, for it is God's power working unto salvation [for deliverance from eternal death] to everyone who believes with a personal trust and a confident surrender and firm reliance, to the Jew first and also to the Greek,"*

Yeshua came as a fulfilment of many of the Old Testament prophecies. The outpouring of the Holy Spirit is a manifestation of the Truth of God's Word. I therefore have hope **not to be disappointed.**

Rom. 5:5 *"5 Such hope **never disappoints** or deludes or shames us, for God's love has been poured out in our hearts through the Holy Spirit Who has been given to us."*

Heb. 12:2 *"2 Looking away [from all that will distract] to Jesus, Who is the Leader and the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]. He, for the joy [of obtaining the prize] that was set before Him, **endured the cross, despising and ignoring the shame,** and is now seated at the right hand of the throne of God."*

God has created me in His Image – I will not be ashamed.

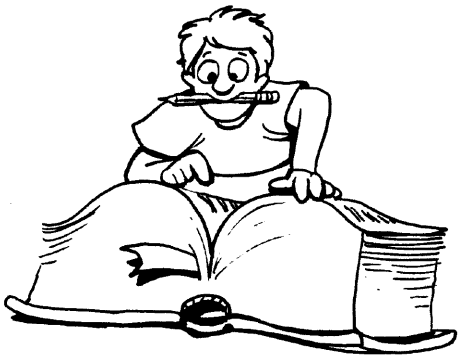
Gen. 2:25 *"25 And the man and his wife were both naked and **were not embarrassed or ashamed in each other's presence."***



I will trust in you O God at ALL time in ALL circumstances.

Ps. 25:2-3 *"2 O my God, I trust, lean on, rely on, and am confident in You. **Let me not be put to shame** or [my hope in You] be disappointed; let not my enemies triumph over me.*
*3 Yes, let none who trust and wait hopefully and look for You be put to shame or be disappointed; **let them be ashamed** who forsake the right or deal treacherously without cause."*

I will diligently search out Your Truth and Your Wisdom. I will worship You in the study of Your Torah / Word.



John 8:32-36 *"32 And you **will know the Truth**, and the Truth will set you free.*
33 They answered Him, We are Abraham's offspring (descendants) and have never been in bondage to anybody. What do You mean by saying, You will be set free?
34 Jesus answered them, I assure you, most solemnly I tell you, Whoever commits and practices sin is the slave of sin.
35 Now a slave does not remain in a household permanently (forever); the son [of the house] does remain forever.
*36 So if the **Son liberates you [makes you free men], then you are really and unquestionably free."***

2 Tim. 2:15 *"15 Study and be eager and do your utmost to present yourself to God approved (tested by trial),* ***a workman who has no cause to be ashamed,*** *correctly analyzing and accurately dividing [rightly handling and skillfully teaching] the Word of Truth."*

I will perform all Your Commandments in obedience – I will walk a righteous path of Truth.



Ps. 119:3-6 *"3 Yes, they do no unrighteousness [no willful wandering from His precepts]; they walk in His ways.*
4 You have ***commanded us to keep Your precepts****, that we should observe them diligently.*
5 Oh, that ***my ways were directed*** *and established to observe Your statutes [hearing, receiving, loving, and obeying them]!*
6 Then ***shall I not be put to shame*** *[by failing to inherit Your promises] when I have respect to all Your commandments."*

Dan. 12:2-3 *"2 And many of those who sleep in the dust of the earth shall awake: some to everlasting life and some to shame and everlasting contempt and abhorrence.*
3 And the teachers and ***those who are wise shall shine like the brightness of the firmament,*** *and those who turn many to righteousness (to uprightness and right standing with God) [shall give forth light] like the stars forever and ever."*

I will walk in Your Light continually.

Eph. 5:8-13 *"8 For once you were darkness, but* ***now you are light in the Lord; walk as children of Light*** *[lead the lives of those native-born to the Light].*
9 For the fruit (the effect, the product) of the Light or the Spirit [consists] in every form of kindly goodness, uprightness of heart, and trueness of life.
10 And try to learn [in your experience] what is pleasing to the Lord [let your lives be constant proofs of what is most acceptable to Him].
11 ***Take no part*** *in and have no fellowship with the fruitless deeds and enterprises of darkness, but instead [let your lives be so in contrast as to] expose and reprove and convict them.*
12 ***For it is a shame even to speak*** *of or mention the things that [such people] practice in secret.*
13 But when anything is exposed and reproved by the light, it is made visible and clear; and where everything is visible and clear there is light."

The Covenant:



Almost all covenants hold five elements in common:

1. Representatives for each side.
2. binding oaths
3. promises of blessings/benefits
4. blood sacrifices
5. a shared meal.

In the New Testament we have the same characteristics of the Old Testament Covenant.
The two representatives are still Divine and human BUT!! HEAR THIS!!

The New Covenant is not between you and God!



You are not the primarily representative on the earthly side – YESHUA IS!!

It is between God the Son and God the Father!

Yeshua is the MAN who represents you in the New Covenant and Yeshua is the fullness of God Himself who represents the Triune God.

The New Covenant also has solemn oaths.
The Son pledges to live in perfect obedience to the Father's will.
The Father pledges to bless and highly exalt the Son over all things.

The Son pledged to always say no to satan and to always say yes to the Father.

The Father pledges not to withhold any measure of the Holy Spirit from the Son, and to give Him all authority in Heaven and on earth.

Nothing, nothing, nothing can undo the perfect fulfillment of the New Covenant by Yeshua nor the perfect exaltation of the Covenant Keeper.

- It is not up to you to measure up!
- There is no performance left for you to render!
- There is no sacrifice left for you to make.
- There is no chance that the New Covenant can fail!

IT IS FINISHED! IT IS FULFILLED!! THE COVENANT IS COMPLETE!!

We do not need to add something to the finished work of Jesus Christ!
There is no striving left – only surrendering!

There is no performance expected – just the passion of our gratitude!

When God blesses you, it is not because you did something wonderful but because His Son has done something wonderful.

The faithfulness of God is not faithfulness to a covenant He made with you, but to the covenant He made with the Son.

The agony of SHAME is built upon one simple lie: There is something more that you must do in order to be blessed.

The Truth:
There is nothing else you must do in order to be blessed. It is all in HIM!!

Proclamation

I choose today to focus on what Christ has done for me rather than all that I have yet to do for Him.

Prayer

Father God, I praise You for Your mysterious plan revealed.
You have made and kept the New Covenant in my behalf.

I cannot add or take away from the infinite love You have already shown me. Give me eyes to see how wide, how deep, how long, how high is Your love in Christ Jesus.

I thank You that I am in Christ and, therefore, have been blessed with every spiritual blessing.

Let me cease from my striving and rest in the finished work of Jesus.
Grant me new courage, faith, and joy as I live as co-heir with Christ.

AMEN!

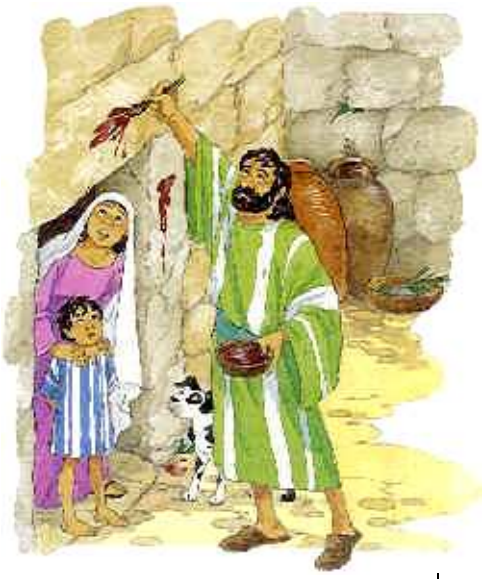


The Day of Atonement – The Two Goats:



There were two goats on the Hebrew Day of Atonement.

We point to and preach about the goat that was slaughtered to pay for the sin of the people. We know that goat. Its blood is the payment for our debt - the way of salvation. Aaron took its blood behind the veil, sprinkled it on the atonement cover in the Most Holy Place and, for the moment, for a season, the sin-debt was paid.



We know about the innocent animal whose blood was shed on the Day of Atonement, because we remember the blood of the Passover lamb on the doorposts of the Hebrew huts in Egypt. We preach about the blood that was shed because it foreshadows the heart of our story: worthy is the Lamb that was slain for us!

I've always known about the goat whose blood was shed. But I never heard a sermon about the second goat.

Leviticus 16:5, 7-10, 20-22 *"From the Israelite community* ***he is to take two male goats.****... He is to take the* ***two goats*** *and present them before the LORD at the entrance to the Tent of Meeting. He is to cast lots for the two goats-one lot for the LORD and other for the scapegoat. Aaron shall bring the goat whose lot falls to the Lord and sacrifice it for a sin offering.* ***But the goat chosen by lot as the scape-goat shall be presented alive before the LORD to be used for making atonement by sending it into the desert as a scapegoat....***

"When Aaron has finished making atonement for the Most Holy Place, the Tent of Meeting and the altar, he shall bring forward the live goat. ***He is to lay both hands on the head of the live goat and confess over it all the wickedness and rebellion of the Israelites-all their sins-and put them on the goat's head.*** *He shall send the goat away into the desert in the care of a man appointed for the task.* ***The goat will carry on itself all their sins to a solitary place; and the man shall release it in the desert."***



The first goat was payment for the debt of sin, bearing the punishment that the people deserved. The first goat bought forgiveness. At least for one more day, one more season, God would not release His wrath against His people for their rebellion.

He wouldn't destroy the sinners - the goat would be their substitute. By God's grace, the demand for justice would be temporarily fulfilled by spilling the blood of the first goat.

The first goat was a gracious provision from a gracious God.
The most important question that man can ask is: "What must I do to be saved?"



But one goat wasn't enough.

Why? Because even though the debt was paid, the haunting memory of **failure** continued. The debt was gone with the first goat, but the **shame** lingered on.

The Second Goat:



But there was a second goat. And there is a second question. Not as urgent as the first, perhaps, but very, very important nonetheless.

"What must I do to be healed?"

It is not enough for my guilt to be gone. **I must find a way to be cleansed of the haunting memory of my repeated failures**.

If I were about to be evicted because I was five months behind on my mortgage payments and, at the last moment, a benefactor paid the debt for me, I would be overjoyed.

But it would not be enough. I would still be haunted by the knowledge that I had allowed myself into the predicament in the first place. I might be consumed with feelings of guilt even though, legally speaking, I wasn't guilty anymore.

My legal standing might have changed, but my self-perception might have not. In fact, if my debt was paid, but my thought life was unhealed, I might be so consumed with the memory of my failure that I could hardly enjoy living in the house that my benefactor had so generously rescued for me.

The Hebrew people, like all people, faced the same predicament.

It wasn't enough to be forgiven their debt - they needed to resolve their inward feelings of guilt. **They needed one goat to resolve their guilt. They needed another goat to bear their shame.**

Most Christians I know have received the gift, of Christ as payment for their sins, but have not received **the gift of Christ as the bearer of their shame**.



- This explains why so many believers, though knowing Jesus died for them, still feel guilty.
- It explains why Christians, who are free from the law, are still trying to earn their way into the heaven they have already been promised.
- It explains why a person can be a born-again, bound-for-eternal-glory child of God, and be meaner than a junkyard dog.
- And it explains why we expose too much of our private lives to others.

Scape Goats in our own Lives

There are scapegoats in the sandlot on the school ground. *"Hey, everyone, look at Johnny; he throws a ball like a girl. Ha-ha-ha!!*
Look at Johnny; nobody ever picks him for his team. Ha-ha-ha!!"

Ashamed of our own inadequacies against the demands of life, we'll put our shame on Johnny. At least we're not as weak and slow as he is.

There are **scapegoats in families**. Sometimes it's the **middle child**. He is not as perfect as the firstborn. Not as cute as the baby. He seems to always get into trouble.



- If the family isn't happy, it must be someone's fault. Let's blame the middle child.
- The problem isn't my parenting, it's my rebellious middle child.
- The problem's not our marriage, it's our middle child.
- If anything goes wrong, I'm sure he's in the middle of it.
- Let's praise our older child – see how smart he is? Let's pet our youngest child – see how cute she is?

- *But let's persecute our middle child. After all, someone's got to be responsible for this mess we're in.*

There are **scapegoats in marriages** - someone to shame.



- It's your fault.
- You're too fat.
- You're too dumb.
- You have too many friends.
- You don't have enough friends.
- You're gone too much.
- You're hovering around me too much.

One spouse loses all the arguments and, over time, feels lower and lower and lower, until, finally, she will take just about anything - even a fist.

There are scapegoats in the **workplace**:



- Anxiety grows amidst the uncertainty of the times.
- We hear that layoffs are coming.
- I fear for my job.
- Sales have been down.
- And I think... it's Sue's fault. She's the weakest link.
- Talk behind her back. Shift the shame.
- Get her fired.
- I don't feel secure, but at least I'm not poor Sue.

If our sins are paid for by the first goat's blood, but our shame is unhealed, we will always be looking for another goat.

- That's why wounded people wound people.
- That's why ashamed people shame people.
- That's why we need Jesus not only to save us, but also to heal us.

Isaiah foretold it. Because we needed a savior, it *"was the LORD'S will to crush him and cause him to suffer..."* and to make *"his life a guilt offering"* **(Isaiah 53:10).** Because we needed someone to bear our shame*, "he took up our infirmities and carried our sorrows"* (v. 4).

Why Me?

Ever feel like someone else's scapegoat? Consider the sequence of events for the second goat on the Hebrew Day of Atonement. It might be painful, but look for yourself in the drama.



Isn't it possible that it's just a matter of convenience? Others feel ashamed of their deep inadequacies and there you are. You're no more deserving of the role of scapegoat than anyone else. You're just ... available.

There is nothing inherent within the Hebrew scapegoat that makes it the scapegoat! It's just an ordinary goat upon whom the lot fell.

Why some despised racial minority in South Africa, America, etc?

Why the Jews in Hitler's Germany?

No reason. Nothing inherent in them at all.

Just the power of a gang to cast the lot and name a scapegoat.

Leviticus 16:21 *"He is to lay both hands on the head of the live goat and confess over it all the wickedness and rebellion of the Israelites ... and put them on the goat's head."*



We don't lay ceremonial hands upon our scapegoats, but we have many ways to make the transfer, don't we?

- Name-calling: "You're a loser."
- Gossip: "I can't believe what she was wearing! Did you see that outfit?"
- Mockery: "You're a joke." Cursing: "Damn you. Go to hell."

Christians have found religious words to make the transfer of shame*, "We really need to be praying for Susan, did you hear about her affair?"*

Translated, I don't feel good about my own life or marriage, but at least I didn't have an affair.



Like the ceremonial hands upon the goat's head, people will attempt to put things into your head.

- You can't stop them from speaking.
- You can't stop them from shaming.

But you do have a choice as to what you allow in your head.

In Paul's list of the spiritual armor issued to every Christian is the helmet of salvation **(Ephesians 6:17)**. The head is the command center of the body.

How we think determines how we live.

Our **over-availability to others** is a symptom of shame-based thinking and is rooted in a lack of assurance that our

- salvation,
- freedom, and
- worth

which has been bought completely by Jesus Christ.

The helmet of salvation symbolizes the depth of assurance that Paul had*:*

Romans 8:38-39 *"Nothing can separate me from the love of God in Christ Jesus"*.

A Ticket to the Wilderness:

Leviticus 16:21-22 *"He shall send the goat away into the desert....* ***The goat will carry on itself all their sins to a solitary place; and the man shall release it in the desert."***



The scapegoat is relegated to an unfertile place - a desert. It must remain in a solitary place - a wilderness.

Those who lay hands on the scapegoat don't want to see the animal that bears their shame.

The purpose of the Day of Atonement ceremony was to shift the shame.

If the goat returns to society, it displays the people's shame before them again.



- It's because we can't stand the sight of our own shame that we have designated a scapegoat in the first place.
- Ever notice that what you like least in someone else is what you like least about yourself?
- Whatever bothers you most about someone else is probably what bothers you most about yourself.
- Whatever bothers you about someone else is probably not that person's flaws, but your own.



Discipline and the Scapegoat:



Sometimes a parent needs a little distance to simmer down, but “Go to your room” is not an effective disciplinary tool.

Discipline should be an act of deep intimacy, never **isolation**.

- In isolation, the child becomes a scapegoat in a wilderness.
- In isolation, the child makes inward conclusions, “I’m not wanted in my parent’s presence. There’s something wrong with me. I must bear my own shame.”

We instinctively know that the only viable scapegoat is an isolated one. That’s why the gang doesn’t invite Charlie Brown to the parties.
No one sends him valentines.

We need our scapegoats to bear our shame in isolation so that we can pretend that a genuine transfer has taken place. When the “problem teenager” is once again chastised, he storms out of the house.

The parents act frustrated again by his leaving, but intuitively, know that he must leave in order to bear the shame in isolation.

When the husband loses his temper and yells at his wife, he walks out with the words, “I can’t stand the sight of you.”

- If I project my ugliness onto you, then I’ll tell you to “Get out of my face.”
- If I need you to “get out of my face,” I’m revealing that I can’t stand looking into a mirror.
- If I project my shame onto you, then the sight of you will seem offensive to me.



Who constantly takes the precious parts of your soul and leaves you with nothing?
Who has rejected you?
Who has sent you to the desert?
Who has isolated you?

Could it be that his rejection of you is a rejection of himself?
Could it be that her abandonment of you is not because of your ugliness but because of what she dislikes about herself?

Everything works to keep the scapegoat isolated.

Families unconsciously conspire to isolate the scapegoat and form unwritten "rules" that keep the shame hidden.
The battered and bruised child is told, "If any of your teachers ask about the bruises, tell them you fell."

In the **office**, nobody takes up for the scapegoat for fear of losing his own job, so the scapegoat has no colleague.



In the **school**, if a "normal" kid sits with the "uncool" kid, he might gain guilt by association. Fearing being "scape-goated" also, the "normal" kid leaves the "uncool" kid in isolation.

The most powerful and important thing a scapegoat can do is refuse isolation. Coming into relationship can bring miraculous change.

Boundaries

The scapegoat is essentially a person without clear boundaries.

For people with deep shame, it is very difficult to sort through an appropriate level of availability to others.

It seems almost impossible to say "no" to anyone with a legitimate need.

For years, I not only found it difficult to tell anyone that I wasn't available, but when I did summon up the courage to say no, I'd spend more energy feeling guilty about "letting the person down" than I would have spent helping them.

False Alarms:

When the phone would ring and someone would be on the other end with a need, a silent alarm would go off inside me.



A quiet panic would fill my heart because I felt that if I became aware of a need, then I would feel responsible to take care of it. What a frightening way to live! Every need from every human being became a silent alarm blaring in my soul.

If you don't have clear boundaries, then every time someone asks you to do something, an alarm goes off. There is no real predator. There is no theft actually taking place. You're asked a simple question. There should be a simple answer.

All you have to do is say, "I don't have room for that in my schedule," or "I really can't take anything else on right now."

But to you, it sounds the alarm because you feel like *you ought* to say yes, even though you don't want to say yes. It causes constant stress to your system.

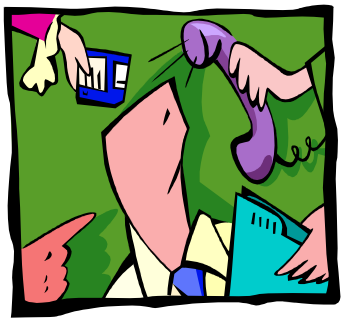
When you do say yes just because you feel like you have to, it can lead to an even worse dynamic-resentment.

You resent a person for asking you to do something because, being power-less to say no, the one who made the request is tantamount to a slave driver.

If I resent saying yes, then I develop a bitter root *that "will spring up and defile many"* **(Hebrews 12:15)**.

If I am ashamed for saying no, then I resent the other person putting me in the position of feeling bad about myself.

The Plight of "the Willing Few":



Society makes the scapegoat syndrome worse by applauding the person who is always available. We call on that person.

Call the guy, call the lady who never says no.

Society praises the driven people. We love the people who will take our problems upon themselves. We love the people who put a shoulder under our loads.

- Never mind what happens to their families.
- Never mind what happens to their souls.
- Never mind that they work themselves into exhaustion.



We figuratively lay our hands on them, confess our prob-lems over them, and send them out into the wilderness to carry our burdens away.

Sadly, there is no organization that applauds scapegoats louder than the church.

We are confused because the Bible teaches us to turn the other cheek and, if someone asks you for your coat, give him your shirt as well. Martyrs are praised for bravely dying, and we know that it is more blessed to give than to receive.

Along with such Biblical exhortations, we are faced with a mountain of need.

We need someone to keep the nursery, someone to lead the youth, someone to mow the lawn, someone to visit the bereaved, and someone to serve on the committees.

Desperate to get it all done, church leaders call on "the willing few."
We applaud their hard work and lift them up as examples of good Christians who are doing what the Bible says to do.

While certain verses seem to encourage a boundary-less life, look at Jesus. Look at how sharply He defined Himself. He not only was known to dismiss a crowd in order to be alone (**Mark 6:45**), but on one occasion said to a dear friend: "Get behind me, Satan!" (**8:33**).

After a leper was cleansed and told everyone about the healing, Jesus could no longer come into the towns, but instead had to stay outside in "lonely places" **(1:40-45)**.

Once, when a woman sneaked up, touched His garment, and received healing power, Jesus stopped, and insisted to speak to the woman in order to show that He was not a "force field" available for anyone to just "plug into" **(5:31)**.

Eventually, Jesus would lay down His life, but He made it clear "I lay down my life ... no one takes it from me" **(John 10:17-18)**.

How can you know the difference between a life of Godly surrender and a life of unhealthy boundaries?

It's all in the **motivation**.

The scapegoat takes on more and more responsibility because he feels like he has to.

The Spirit-filled person gives because of the leading of God and the overflow of love.

- Does God call you to a life of complete surrender to Him? Absolutely.
- Does He want you to live a life of giving and service? Most certainly.
- But He never wants you to give out of compulsion or fear.
- He intends your ministry, like your life, to be an overflow of the abundance of love and joy He's deposited in you.



Scapegoat Redeemer:

You don't have to be the scapegoat,

Christ has already taken that role upon Himself.



- As Jesus sweat Blood in the Garden of Gethsemane, He saw the cup that He would drink.
- Like the vilest poison that was certain to kill, He knew it would be His death.
- Like the bitterest gall, it was sure to defile Him.
- In the cup of suffering that He would drink was not only the collective guilt of a sinful world, but also its shame.

- The guilt of the rapist and the shame of the raped.
- The guilt of the child molester and the shame of the molested.

- In that cup would be the isolation and loneliness of a scapegoat, wandering in the demonic wilderness of hell itself.

The First and Second Goat:

He would be the first goat - bleeding to pay the debt.
He would also be the second goat - carrying the sorrows of the world.

If you have taken a step to trust that Jesus' death has paid for your sins, then you know that it's a matter of faith.
You acknowledge that you are completely bankrupt.
You can't pay for your own sins, and trust that Jesus has done it for you.
You let Him pay the price.

Letting Christ bear your shame is a step of faith, too.
You let Him be the scapegoat so that you won't have to.
You come to Him honestly, admit your shame, and release it to Him in faith.

Choose wisely what parts of your emotional, intimate life you will share.

Not only is it impossible for you to bear everyone's burdens - it isn't necessary! *Jesus already has.*

And please hear this: You don't have to be anybody's scapegoat.
Jesus was the Lamb and the Scapegoat.

Breaking Free!



The cycle of shame can only be broken when repentance replaces bitterness.

Shame can only be healed when honour replaces dishonour.

To let go of shame, you must let go of your sinful reaction to it. Be angry but do not sin. Hold no judgement. Harbour no resentment. Nourish no bitter root.

PRAYER:

[I choose today to release bitterness, judgment, and resentment from my heart.
While I may not have received an apology from my offenders, I forgive them on the confession of another. While I do not excuse the offence, I lift the offender unto God for His blessing.]



Father, You have promised to never leave me nor forsake me. You have always been there – even when I've been most ashamed.
Heal my deepest wounds. I worship You in the beauty of Your Holiness and open my heart to receive the honour You have shown me in the gift of Jesus Christ.

Fill me with the supernatural grace to let go of all roots of bitterness.

I release _____ to You, choosing to hold no resentment against my offender and asking You to bless him/her instead.

As You have forgiven me, I forgive others.

In Jesus Name,
AMEN



Who's Servant Are You?

Shame causes you to stand in rebellion against God. You hold your opinion against the Living God! Shame causes you to judge yourself.

You are the servant of the Lord Jesus Christ. You are no longer your own master.

You do not have the right to judge who you are anymore. Your Master, Christ, **now has the right** to say who you are.

Why do we feel like God can save and help everybody else but not me? That is **PRIDE**!!

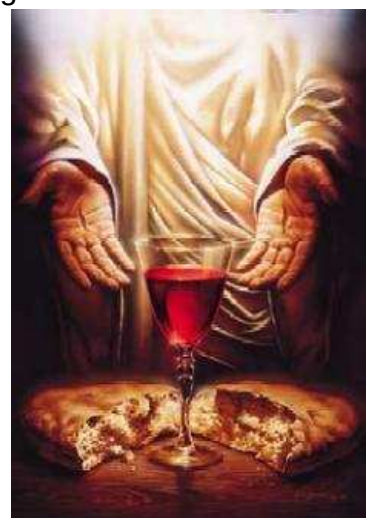
Rom 14:1 *"1 AS FOR the man who is a **weak believer**, welcome him [into your fellowship], but not to criticize his opinions or pass judgment on his scruples or perplex him with discussions.*
*…let not him who abstains criticize and pass judgment on him who eats; for **God has accepted and welcomed him.***
*4 Who are you to pass judgment on and censure another's household servant? It is before his own master that he stands or falls. And he shall stand and be upheld**, for the Master (the Lord) is mighty to support him and make him stand.**"*

Do you treat yourself worse than everybody else, say things about yourself that you would not say about others?

Jesus accepts you as you are, but if you don't accept yourself you are standing in rebellion against Him.

He wants you to repent in the areas where you have judged His servant!!

Every time you partake in communion, you are stepping across the threshold of Yeshua's Blood into covenant. He poured His very own Blood out for you, His Life; not the blood of a goat or a lamb, or even the blood of the fatted calf!!



When you judge yourself because of shame, you stand outside that Blood poured out for you and say: *"God, I refuse to come in. I refuse to step across and to enter covenant because I just don't have what it takes!!"*
And Jesus weeps and says: *"It cost Me My life!! Would you please receive it?? Would you please agree with Me?? Would you please enter in!! Please step across that threshold, would you please stop judging My servant??"*

AMEN.

Here's the good news. Even though Adam and Eve had broken God's only prohibition and had introduced sin into a sinless world, God **didn't yank off their fig** leaves.



Instead, He gave them **a better set of clothes.**

Genesis 3:21 *"The LORD God made garments of skin for Adam and his wife and clothed them."*

Please notice that the first **covering for shame required shed blood**. **Fig leaves** fade. **Sacrificed animal skins last a** while longer.
But God had a permanent **covering in the making.**

What began as the blood shed to make leather garments, continued as a crimson thread throughout the pages of God's Word. Isaac was on the altar, but a ram was in the thicket ready to take the knife.

The blood was on the doorposts of the Hebrew homes in Egypt as the destroyer slew every firstborn in every home - except the ones covered by the crimson stain.

The blood stream ran from the Passover lamb, to the altar of the tabernacle, to the sprinkled High Priest on the Day of Atonement.

From His flogged flesh, to His thorn-pierced brow, to His nailed wrists, to His impaled side - the Blood of Jesus flowed freely to cover your shame.





Jesus didn't just pay the penalty for your sin, He became your sin.

2 Corinthians 5:2 1 *"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."*

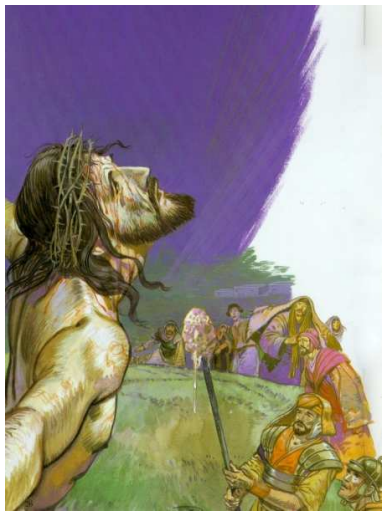
It means that Jesus not only endured the punishment due to sinners, but He also experienced the symptoms and anguish that sin inevitably causes.

Isaiah's prophecy painted the picture of the Messiah's shame 800 years before the cross: *"He was despised and rejected by men.... Like one from whom men hide their faces ... we esteemed him not"* (Isaiah 53:3).

In the excruciating hours on the cross, Father God, in His unspeakable love for us, did two unthinkable things toward His Son.
First, the Father turned His face away from His Son, as one does when disgusted.

When Jesus began His ministry and was baptized, the Father spoke from heaven: *"This is my Son in whom I'm well pleased."* On the cross, the Father's silence communicated the opposite message: *"I'm so ashamed of Him."*

Second, while Jesus was on the cross, the Father lifted the cover off His only Son. He didn't even allow Jesus the clothes He had given Adam and Eve.



Father God allowed Jesus Christ to hang exposed and vulnerable, not only before the watching world but also before the whole invisible realm of spiritual powers.

I believe that the mocking taunts of the Roman guards or passersby held no comparison to the taunts of the invisible demons who were granted an unthinkable open season to shame the Son of God.

In the cup of suffering that Jesus drank was the poison of not only every sin ever committed, but also the shame that it evoked. In other words, on the cross, Jesus Christ was not only bearing the sin of the **child molester**, He also was bearing the shame of the bewildered, **broken child**.

He was not only bearing the sin of the **prostitute's adultery**, He was bearing the **shame** of the prostitute's identity as well.

He not only was bearing the sin of the **alcoholic's drunkenness**, but at the same time, was bearing the shame of the alcoholic's child who never invited friends home to play.

And Jesus took the shame willingly - in fact, almost eagerly - that we might be set free.

Hebrews 12:2 *"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God"*

When we bring the Holy Spirit into places of leadership in any area of our life, a tremendous amount of shame leaves.

The Holy Spirit and the human spirit were made to give us dignity and not shame. Shame is a function of the enemy.

PRAYER:

Just close your eyes and look at Jesus on the cross.
He was called illegitimate on your behalf.
He was publicly disrobed, spat on, laughed at, scorned and mocked, and beaten.
He had His beard pulled right out of His face – primary symbol of manhood in that day.
Whipped with a cat-o-nine-tails, nails driven through His hands and feet, and was hung naked for all to see.
He saw this day and He saw YOU.
He said: YOU ARE WORTH IT!!
You are worth My life!!
I love you!!



PART III: PRAYER OF REPENTANCE



TO THE DISHONOURED AND SHAMED WOMEN AND CHILDREN IN OUR WORLD, I AM SORRY[4]!!

I'm sorry for the way that men have abandoned women.

To every little girl, whose daddy was too busy at work to notice her playschool art ... for every dance recital that we missed because of needing to work late one more night ... for every preacher's daughter whose father was out saving the world but didn't notice he was losing his own girl ... I'm truly sorry.

When the moment of battle rises, and the dragon rears its ugly head, we were meant to fight - to do something, even if it's the wrong thing. But we have been too silent, too passive, and we have left you to fight your own battle.

We've left our adolescent girls to find out about their sexuality in the backseat of the boy's car, rather than in the open conversation and sanctity of our home. I am sorry for our silence – that we haven't spoken to you more.

And I'm sorry that we have been so unable to show our daughters affection. You wanted to roll in the grass, to ride on our shoulders, to feel the whiskers on our cheeks, and to sit in our laps for long stretches of time.

But we've been uncomfortable with touch because we weren't taught it by our fathers...I want to say I'm sorry for every little girl and every wife whose daddy or husband abandoned her for a bottle of alcohol. When you needed us, we just weren't there.

I want to say that I'm sorry for every little girl or wife whose daddy or husband left home and didn't come back. You were the hidden treasure and we didn't know it. We thought we could find it at the end of the rainbow, over some distant horizon ... but the rainbow had no end, and there was no other treasure, and for too many of us, it's now too late.

I'm sorry for the ways we have used you for our advantage. No, I am not the child molester, nor the rapist, nor the man sitting at the bar watching you dance around a pole, nor the John who was your last customer.

[4] By Alan D. Wright

I have not, by the grace of God been that man. But what man in our midst has not sinned by looking upon a woman as an object rather than a person, putting expectations upon your waistline that we do not put upon our own.

We have bought the cars and the calendars that the bikini models modeled. I feel the whole weight of the unthinkable ways that we have used women to momentarily soothe our deep inward shame.

...May I tell you – if we could be honest with ourselves, with God, and with you – how most men really feel? We marvel at who you are. You have discernment that we don't have.
You notice tiny, subtle details when we see nothing at all.

We marvel at the way you make relationships, and we secretly long to be able to find friends the way you do. We're amazed at the way you pray, the way you sing, the way you smile, the way you laugh, the way you cry. We're amazed at how deeply you feel things and how easily you express those feelings.

We are amazed at how multidimensional you are-interweaving softness and strength; how you have endured so much, persevered through so much, and celebrated so much.



Every woman is a rose: Lovely, mysterious, fragrant, and meant to be handled with care. Its piercing thorns greet only those who recklessly grab the stem without taking time to appreciate its total beauty.

The most beautiful of flowers, the sweetest of fragrances, and the costliest in the florist's shop. You are beautiful from the moment of the first bud, but your beauty unfolds a petal at a time as you blossom and grow.

Today, we honour you. We do not seek to own you, use you, sell you, or control you-but to admire you. And thank you.

Without fanfare or manipulation I then announced to the men that I was going to kneel at the front of the church and tell God how sorry I was and ask His help to be a different, better man, and that any man was welcome to come join me. Almost every man in the church rushed forward, buried his face in the carpet, and repented with me. As I closed those moments off...

To every child who spilled her milk on Mommy's clean floor, or whose legs were too little to keep up with Daddy, or whose ordinary childish acts of irresponsibility were met with shame instead of understanding, I'm truly sorry.

Please forgive us. We parents often treat our children as if they are already adults. You were just acting the way a little child acts. You didn't have the dexterity to never spill your milk.
You didn't have the leg span to always keep up. We reprimanded you for breaking rules that you didn't even know were rules, and we acted disgusted with you for not understanding what no one had ever taught you. Forgive us.

... To every school child who was teased on the school bus, or the playground, or laughed at in the classroom, I confess. The saying should be reversed: "Sticks and stones can break my bones, but your words can really hurt me." For every nickname, every taunt, and every smirk from every bully or brat, I'm sorry. We didn't realize we were eroding your soul. We secretly felt so bad about ourselves that we had to put others down in order to feel worthwhile. Forgive us.



... To every child of parents of who were too busy, I'm sorry. We were busy making money or making a name or building a business, and we didn't realize that we had sacrificed you on the way. Forgive us.

... To every child of parents who were too consumed with their hatred of one another to notice you, I'm sorry. While your parents fought, all you ever received was the table scraps of bitterness and the rinds of our rage. Forgive us.

... To every child who never knew a father, I'm sorry. I knew how to sleep with a woman but not how to marry her and nurture her. I knew how to make a baby but not how to father a child. I have no idea what I missed. Please forgive me.

... To every child whose father left, I'm sorry. I fooled myself into thinking I could leave your mother without it seeming like I was leaving you. I didn't know that you would lose sleep wondering what you did wrong. Please forgive me.

... To every child who was born a girl but whose parents wanted a boy, I'm so sorry. I didn't know that my little jokes were like daggers to your soul. God made you who you are because of His perfect plan. It wasn't you I was displeased with, it was really me. Oh, please forgive us. Be your beautiful self.

... To every child of an alcoholic, I'm sorry. I can't believe that I let a bottle capture my attention more than you. It was not my lack of love for you that led me to drink-it was a lack of love for myself. While I was anesthetizing my anxiety, you were being abandoned. Forgive me.

... To every school child who was shamed by a teacher. We wanted you to learn fast so that we would look like good teachers. We didn't have the patience to spend the time with you that you really needed. We didn't know that singling you out for scorn was cursing your life. Forgive us.

... To every child from a performance-based home.

Success and looking good meant everything to us. When we pushed you to excel we didn't realize that you thought you were only valuable when you were succeeding. We're sorry for all the pressure we put on you. We hurried you up through childhood and put all our broken dreams onto you, for you to somehow magically fulfill. Forgive us.

... To every employee who was belittled or mistreated by a supervisor, I'm sorry. The workplace was the place I shifted my shame. You had to take it, your job depended on it. I never stopped to think about your sleepless nights and gnawing anxiety that were the product of my pride. Forgive me.

...To every church member who ever left church feeling worse than before. We thought that we were being bold and "really preaching the gospel" when we shamed you over and over. But we weren't.



It wasn't the gospel at all. God wanted you convicted, so you could be filled with the hope of change. We condemned you and left you with no instruction on how to change. You needed an encounter with the most winsome Person in the universe, Jesus Christ, and we gave you a set of rules. The rules were good, but they were impossible to keep without the power of the Holy Spirit. Forgive us.

... To every victim of incest, rape, and abuse. My soul was diseased. I was famished for approval. I abused you as the ultimate shifting of my shame. You did not invite it, nor deserve it. The horror of my deeds demonstrates not the depth of a flaw in you, but the depth of disgust I had for myself. I left you to bear the weight of the shame because I didn't know how to give it to Jesus. Forgive me.

AMEN!!

BLESSING YOUR SPIRIT[5]:

There are certain wounds that affect our soul e.g. rejection; but there are other wounds that affect our spirits, e.g. shame.

We need to build up and strengthen the spiritman to be able to be healed of spirit wounds.

We have written a book on understanding your spiritman: Man's Purpose and Gifts of the Spirit.

This book is the "other side of the coin" of SHAME. We have added some examples of how you can pray for your spirit.

LEGITIMIZING THE SPIRIT

I call your spirit to attention in the Name of Jesus of Nazareth. Listen with your spirit to God's Word for you.



Ps 139:13-16 "For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in your Book before one of them came to be."

IDENTITY AND LEGITIMACY



Your Father made you special. You are a very special person, created and crafted and designed by God Your Father. Before the foundation of the world, your Father planned for you. You are no accident. You did have to exist, but your Father willed you into existence.

He chose your parents and wove you together in your mother's womb. He planned your birth order and put you in your family.
Your Father gave you everything you need in the package of your life to be an overcomer, a victor, to take the negative parts of your heritage and triumph over them, to walk in the beauty of all God has placed within you.

[5] For more info on how this works, please see book: Man's Purpose and Gifts of the Spirit available from Kanaan Ministries.

KNOWING YOUR PURPOSE



I call your spirit to attention in the Name of Jesus of Nazareth. Listen with your spirit to God's promise in His Word.

Eph 2:10 "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Your Father has a purpose for you. I bless you with knowing your purpose as God has seen it in His heart.

I bless you with being everything that God has designed you to be, because as you experience the joy of fulfilling your purpose, you will benefit, others will benefit, and the world will be blessed.

I bless you with fulfilling the call of God on your life and living out the fullness of His will.

I bless you with being in your Father's time, not running ahead and not lagging behind, but knowing His will and doing His will in the right time, the right place, and the right way, with the right people alongside you.

I bless you with knowing the things your Father has called you to know and doing the things that he has called you to do.
I bless you with being able to carry out God's work with honor, with peace, with joy, doing God's work, God's way.

LIFE-GIVING JOY!

Your Father intends for you to be contagious with His joy! I bless you with being contagious with the joy of the Lord.

I bless you with having so much of His joy that your joy touches everyone with whom you associate, and you leave behind you a trail of joy everywhere you go.

I bless you with significantly introducing people to the genuine joy of life with God.

I bless you to transfer the joy of the presence of God, as others walk with you and draw from the abundance of the joy of the Lord in your spirit, and they are able to savor that themselves.

I bless you with companionship with those who know the joy of the Lord. May your joy stir them up!!

GOD FIGHTS FOR YOU!

I call your spirit to attention in the Name of Jesus of Nazareth. Listen to the Word of God for you: “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Lord will fight for you; you need only to be still.”

Your Father intends for you to rest at peace in Him as He takes care of your enemies. I bless you with an unafraid heart that will lead you to the place of peace where God will fight for you and you will not have to fight.
You will watch God remove your enemies before your eyes and deliver you.

You will stand and move forward doing the things God has called you to do, and He will fight your battles.

I bless you with being led by the Spirit to respond to problems with faith, not as a slave out of a victim mindset of avoidance, blame-shifting, or rationalization. I bless you with perseverance, not a spirit of fainting and giving up.

I bless you with embracing problems, viewing them as challenges, and as opportunities for faith, as new ways to see the many facets of God and how He will work in them and through them to work things out in His plan.

I bless you with seeing the presence of God in those things that the world calls problematic and painful.

I bless you with such faith that you can rejoice in standing firm as danger gets closer and you see God intervene on your behalf in a supernatural way!!

SONSHIP:

I call your spirit to attention. Listen with your spirit to the Word of God for you. “For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of Sonship. And by Him we cry ABBA FATHER!!

I bless you with the Spirit of Sonship and the mindset of sonship.
I bless you with embracing problems with the confidence that God is in them to give you grace to solve them and to overcome.
I bless you with deep heart identity as God’s very own child, securely loved in His family, calling Him ABBA!!

I bless you with the Spirit of Sonship that does not make you a slave to fear because you know your Father is with you.

I bless you with the settled assurance that He has a future and a hope for you, that He has written your days in His Book with love, for your best interests and His ultimate glory.

I bless you with being filled with the deep knowledge that your Abba knows what you need and has all the resources of the universe to meet that need.

I bless you with delighting in obedience in the fear of the Lord.
I bless you with confidence that you have the riches of your Father and that you lack nothing that you need emotionally, physically, practically, mentally, spiritually, in any way.

I bless you with your Father waking you up every morning to be taught by Him personally.

I bless you with a heart that does not rebel or shrink away from what He puts before you each day!

RESOURCES:

1. **Released from Shame by Sandra D. Wilson, Ph.D InterVasity Press**
2. **Shame off You! by Alan D. Wright Multnomah Publishers, Inc.**
3. **Series of CD's on Shame by Craig Hill**