

“Letting Go of Shame”

Disease “the lack of peace”

“Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from their selves.” (p.97)

Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

John 10:10 NIV

I have come that they may have life, and have it to the full.

SHAME

“Shame is a soul eating emotion.” Carl Jung

You feel guilt because of something you DID.

You feel shame because of something you ARE.

“I’ll be worthy if...”

Isaiah 54:4 NLT

“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth.....

Jeremiah 31:3 NLT

“I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

Isaiah 43:25 NLT

“I—yes, I alone—will blot out your sins for my own sake and will never think of them again.”

Isaiah 44:22 NLT

I have swept away your sins like a cloud. I have scattered your offenses like the morning mist. Oh, return to me, for I have paid the price to set you free.”

Hebrews 10:17 NLT

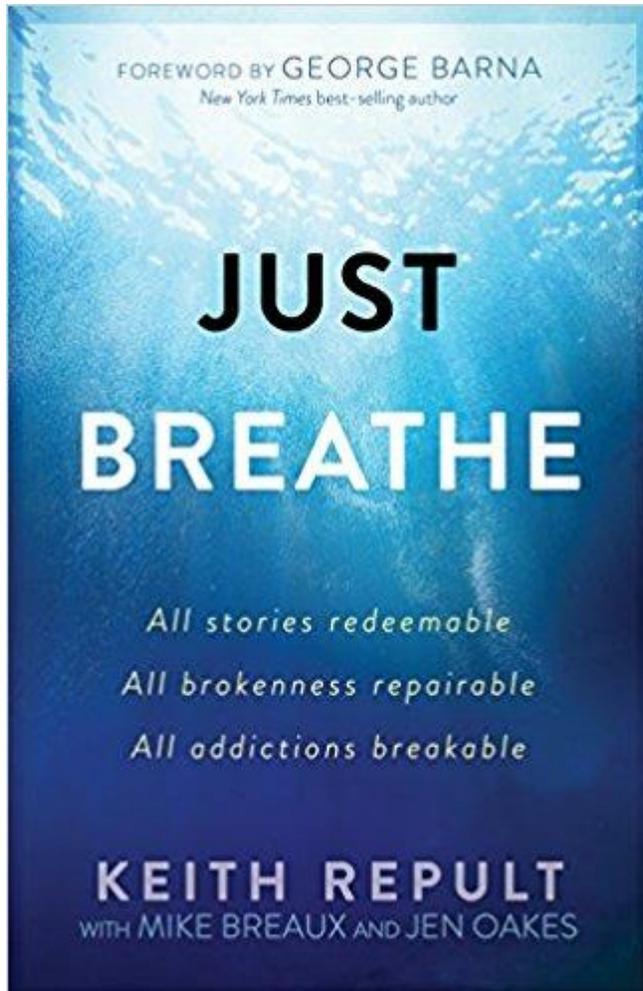
“I will never again remember their sins and lawless deeds.”

Romans 8:1 NLT

So now there is no condemnation for those who belong to Christ Jesus.

1 John 3:1 NLT

See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him.



Embracing **Brokenness**

Relinquishing Control

Evaluating Myself with Fearless Honesty

Making **Amends**

TH INKING a Whole New Way

Encourage Others with My Life and Story

Evaluating Myself with Fearless Honesty

“Their physical symptoms and breakdowns are, for many, their involuntary confessions of guilt.”

Dr. David Belgum

Psalm 32:1-5 NLT

Oh, what joy for those whose disobedience is forgiven, whose sin is

put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.

“Letting Go of Shame”

Presented by Pastor David Bellows

Christ's Church of Marion County

January 14, 2018

Page 2 of 3

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone.

Child abuse and neglect is the single most preventable cause of mental illness, the single most common cause of drug and alcohol abuse, and a significant contributor to leading causes of death such as diabetes, heart disease, cancer, stroke, and suicide. The Body Keeps the Score

Shame has an enemy..... **GRACE**.