

The Problem of Guilt and Shame

Guilt and shame are two of the most toxic things in our culture today. While they are prominent in the church, they are not of God. They are inconsistent with the character and nature of Jesus. Shame may be the most dangerous thing in our culture today. It destroys individuals, relationships and communities. Shame is manipulative and self-perpetuating. The cycle of guilt and shame can be difficult to break. Shame is not Biblical, healthy or effective.

	Truth	Lie
Character	Triune God	Satan
Feeling	Remorse (recognize sin)	Guilt (sin defines you)
Response	Repentance (change)	Shame (self-hatred)
Motivator	Trust	Fear
Emotional Result	Forgiveness (wholeness)	Pain (perpetual)
Disciple	Peter	Judas
Theology	Compelled	Condemned
Biblical Values & Gospel Truth	Love, mercy and grace	None
Spiritual Result	Spirit Filled Life (fruit)	Legalism or Abused Freedom

Which path do you choose in the midst of sin/failure? Which direction do you run when you fail God, those you love or yourself? We do have a choice when we fail, sin or fall short. We can choose the path of truth, love and grace or the path of destruction. Run from shame and refuse to shame others.

“The more personal grace becomes for us, the less personal everything else will feel. Choose the path of grace.”

THE SHEPHERD'S VOICE

St. Mark's wants to help you hear our Good Shepherd's voice. The verses below are written so that you can hear Jesus speaking to you. One powerful way to hear our Lord speaking to you is to ask someone to read these verses aloud to you after you have filled in your name. Close your eyes and listen. Our Lord will bless you with His presence through His promises spoken to you from the Bible

Step 1: Write your first name in the space in each verse

"I know the plans I have for you _____. They are plans for peace and not disaster. Plans to give _____ a future filled with hope." *Jeremiah 29:11*

"The heavens may move and the hills may shake, but my kindness shall never depart from _____." *Isaiah 54:10*

"Don't be afraid of what other people think of you, _____. I am with you, _____, and I will rescue you, _____." *Jeremiah 1:8*

"_____ cast your worries on me, and I will strengthen and sustain you. I will never let you, _____, my righteous one, be overcome." *Psalms 55:22*

"Nothing can ever separate you, _____, from my love, which I have shown you in Jesus Christ. _____ cannot be separated by anything, in life or in death, not be anything in the whole creation, not even by anything that could happen in the present or in the future. Nothing will separate you, _____, from my love." *Romans 8:38-39*

"You, _____, are my dear child. You belong to me. You, _____, have won the victory over your problems because I am in you, _____. I who am in you am more powerful than the devil who is in the world." *1 John 4:4*

"I have compassion on you, _____. I take all of _____ sins and throw them in the deepest part of the ocean." *Psalms 146:9*

"I forgive all _____ sins and I heal all of _____ diseases." *Psalms 103*

"By my one offering I have perfected _____ forever and you, _____ are made holy." *Hebrews 10:14*

"I will instruct you, _____, and I will teach you, _____, the way that you should go." *Psalms 32:8*

"I am coming again to take you, _____, to be with me forever so that where I am you may also be." *John 14:2*