

## Sermon Notes 12.3.17

The False Gospel of Guilt & Shame: Naming Guilt & Shame  
Matthew 8:1-4

- Guilt and shame are not Biblical, healthy or effective.
- Guilt and shame have the greatest impact on our emotional, relational and spiritual well being.
- Guilt and shame are not Biblical values and are inconsistent with the Christian faith and the life, ministry and teachings of Jesus.
- The real power that guilt and shame have in our lives is that they do more than hurt, distract and shape us - guilt and shame become our identity.
- The false gospel of guilt and shame preaches one message: you are defined by your sin, mistakes and failures.
- One of the deepest desires of the heart of God is to free us all from the prison of guilt and shame and to restore our identity and value as beloved children of God with whom he could not be more pleased, in spite of our performance.
- The real problem with the guilt and the feeling it elicits is that it seeks to continue to punish a person for their shortcomings, mistakes, failures or offenses.
- One of the purposes of the death of Jesus is that we no longer have to continue to punish ourselves when we fail, commit and offense or commit sins. When we embrace guilt, we are wasting what Jesus did on the cross and spitting in the face of his love and grace.
- Guilt is a feeling, but it is not a feeling that is productive, healthy or one that comes from God regardless of how natural or normal it might feel.
- If guilt is a feeling, then shame is an identity. If guilt tells us we must focus on our sins, failures and shortcomings, shame tells us that our sins, failures and shortcomings are our identity. Guilt is about what we have done; shame speaks to who we are. The message of shame is this: our identity is found in what we get wrong, nothing more, nothing less.
- Shame ruins intimacy and destroys relationship. Shame propagates fear and divides communities. It is at best manipulative. It is at worse destructive and abusive.
- Shame is not of or from God. Shame is the work of the evil one who seeks to steal, kill and destroy. The false gospel of guilt and shame is a perverted gospel, one that we must reject at every turn.
- We can choose the path of love and grace and life or the path of guilt, shame and destruction. Before we can even battle the guilt and shame in our own lives, we must first decide to reject the lie that is the false gospel of guilt and shame and embrace the truth that is the gospel of Jesus, the message and life of love and grace.