

# SHAME:

*It's a BIG  
Problem!*





# How Bad Is It?

- We all have it.
- We are afraid to talk about it.
- The more we hide it, the more power we give it to sabotage our lives.



# What Is Shame?

- Shame is that “intensely painful feeling or experience of believing that since we are flawed, we are unworthy of love and belonging.” (*B. Brown, Daring Greatly, 68*)
- Shame makes me feel like . . .
- To combat shame, I will try harder!



# What Is Shame?

**“Shame finds its foothold in that emotional fault line between what you ought to be and what you are. It leaves you wanting to hide. We must fight to gain or maintain approval.”**

***(Alan Wright, Be Yourself, Free Yourself)***





**Dadasaurus™**

(dad'-a-sôr'-as) *n.* 1. A warm, loving parental creature with the patience of a saint. 2. Anyone who takes great pride in raising his children.



# What Is Shame?

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- Shame makes me feel like . . .
- To combat shame, I will try harder!
- There is a difference between guilt and shame.



# What Is Shame?

**Guilt says "I DID bad."**

**Shame says "I AM bad."**



# What Is Shame?

**“Shame is a comprehensive attack on the very core of our identity as human beings created in the image of God.”**

***(John Forrester, Grace for Shame)***



## **Psalm 139:17-18**

**“How precious are your thoughts about me, O God. They cannot be numbered! I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me.”**



**“But Martin, you don’t understand!”**

- **“I don’t know where to start.”**
- **“You don’t know what I’ve done.”**
- **“You don’t know what has been done to me.”**
- **“Is there really hope?”**