

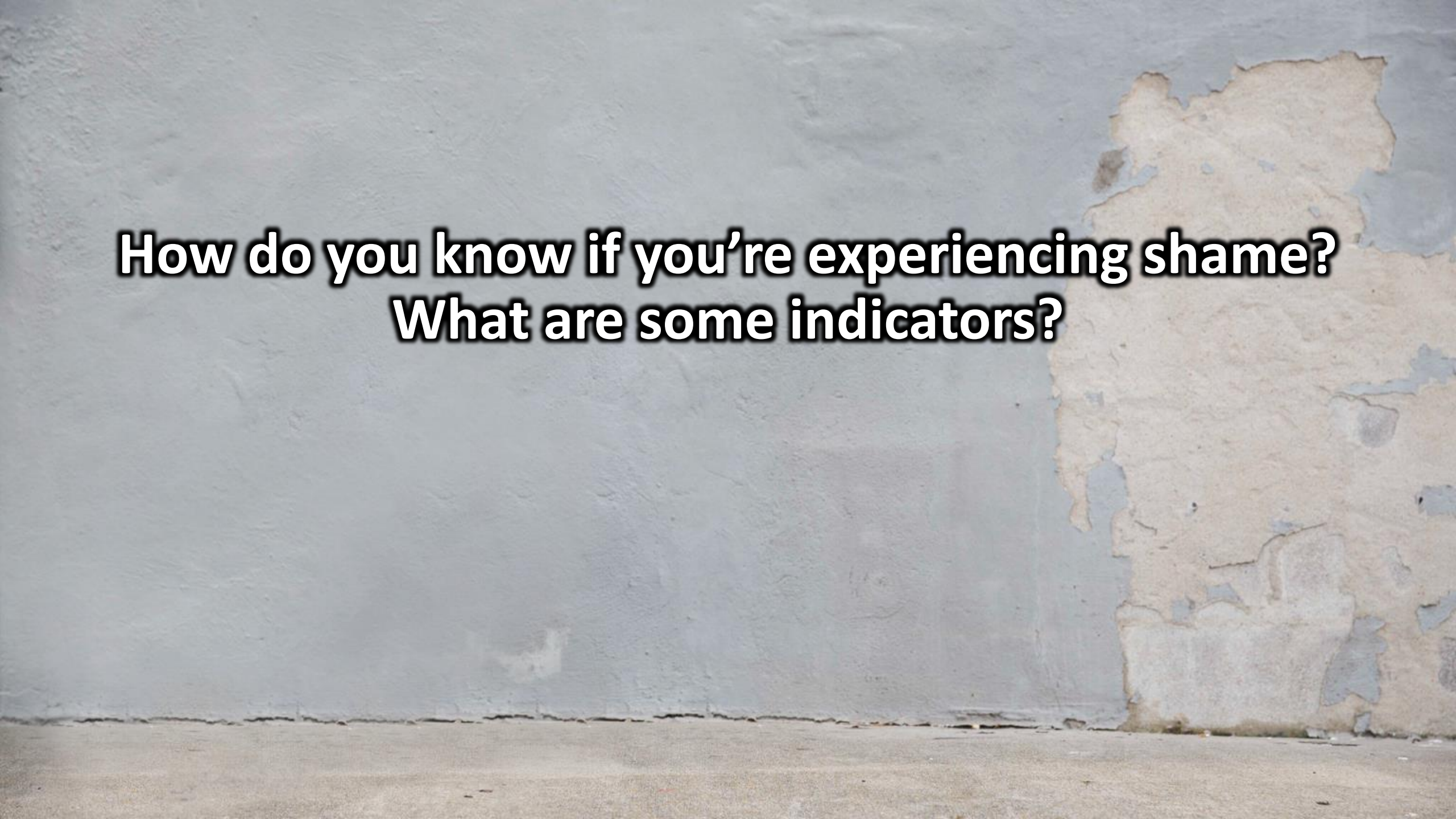
SHAME:

*Q and A with
Shonna Porter*

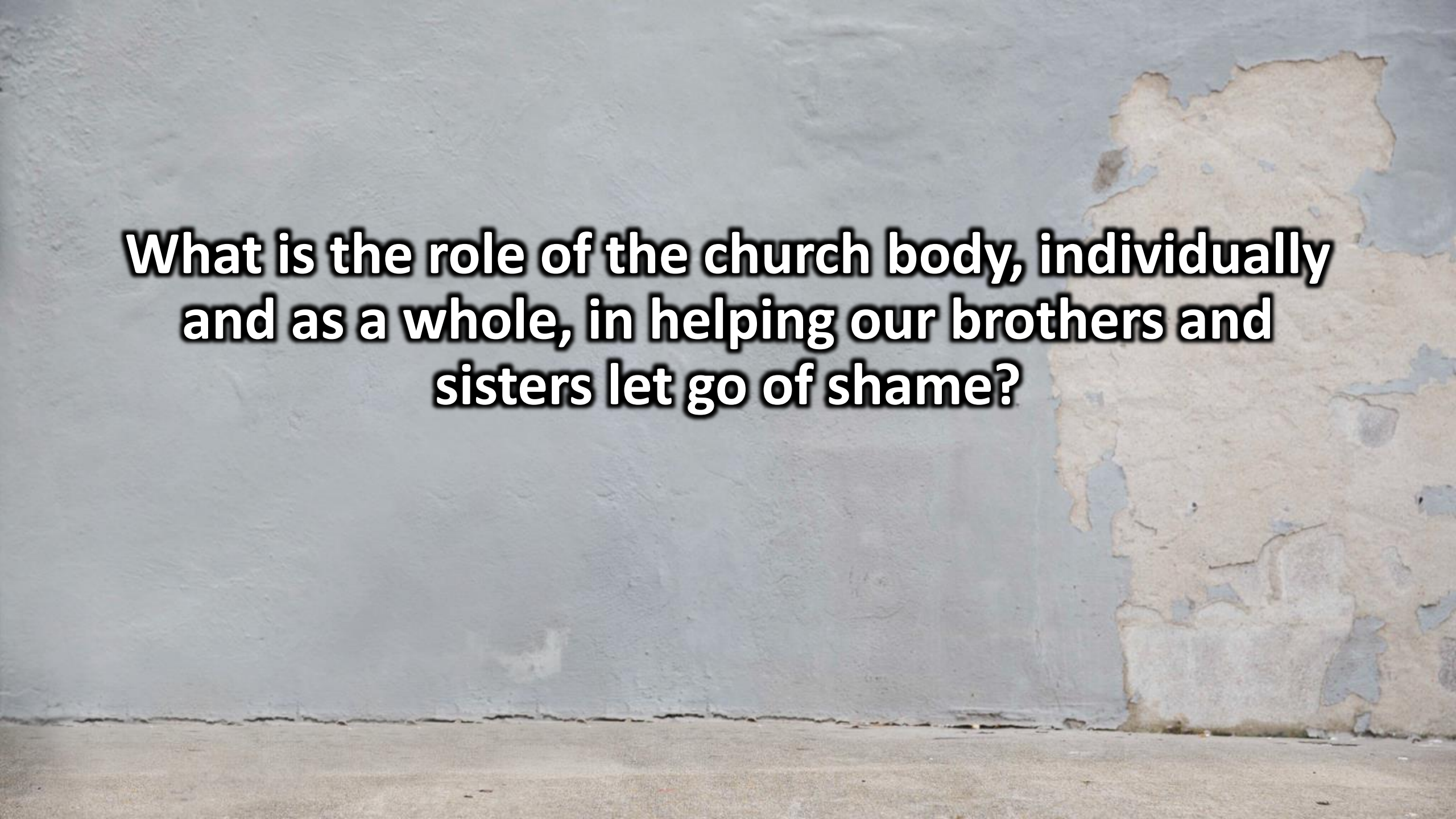


John 10:10

**The thief comes only to steal, and kill, and
destroy; I have come so that they may have life
and have it abundantly.**

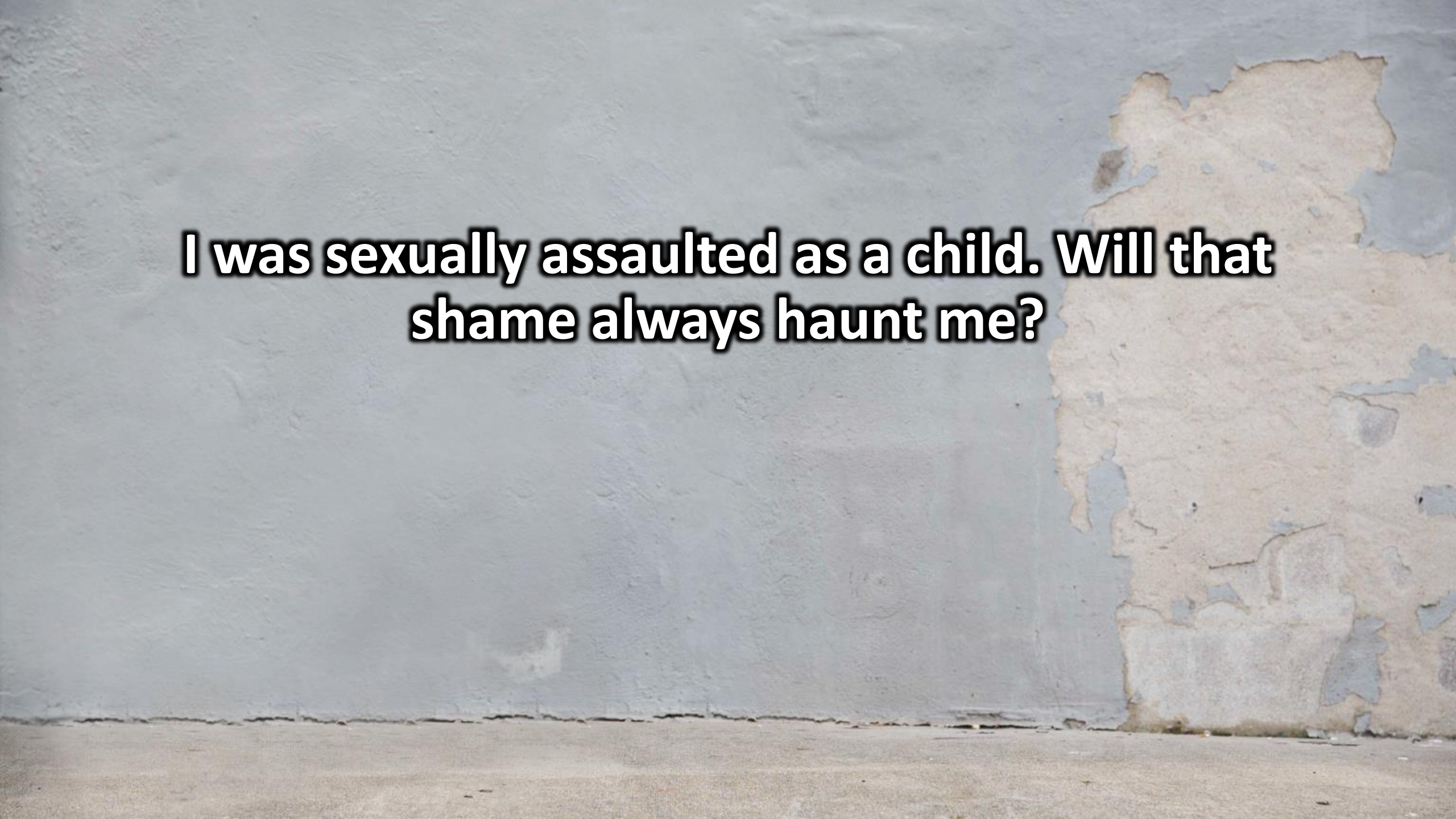
A photograph of a wall with peeling paint and a concrete floor. The wall is light blue-grey, and the paint is chipped away on the right side, revealing a tan-colored substrate. The floor is a light brown concrete. The text is overlaid on the wall.

**How do you know if you're experiencing shame?
What are some indicators?**

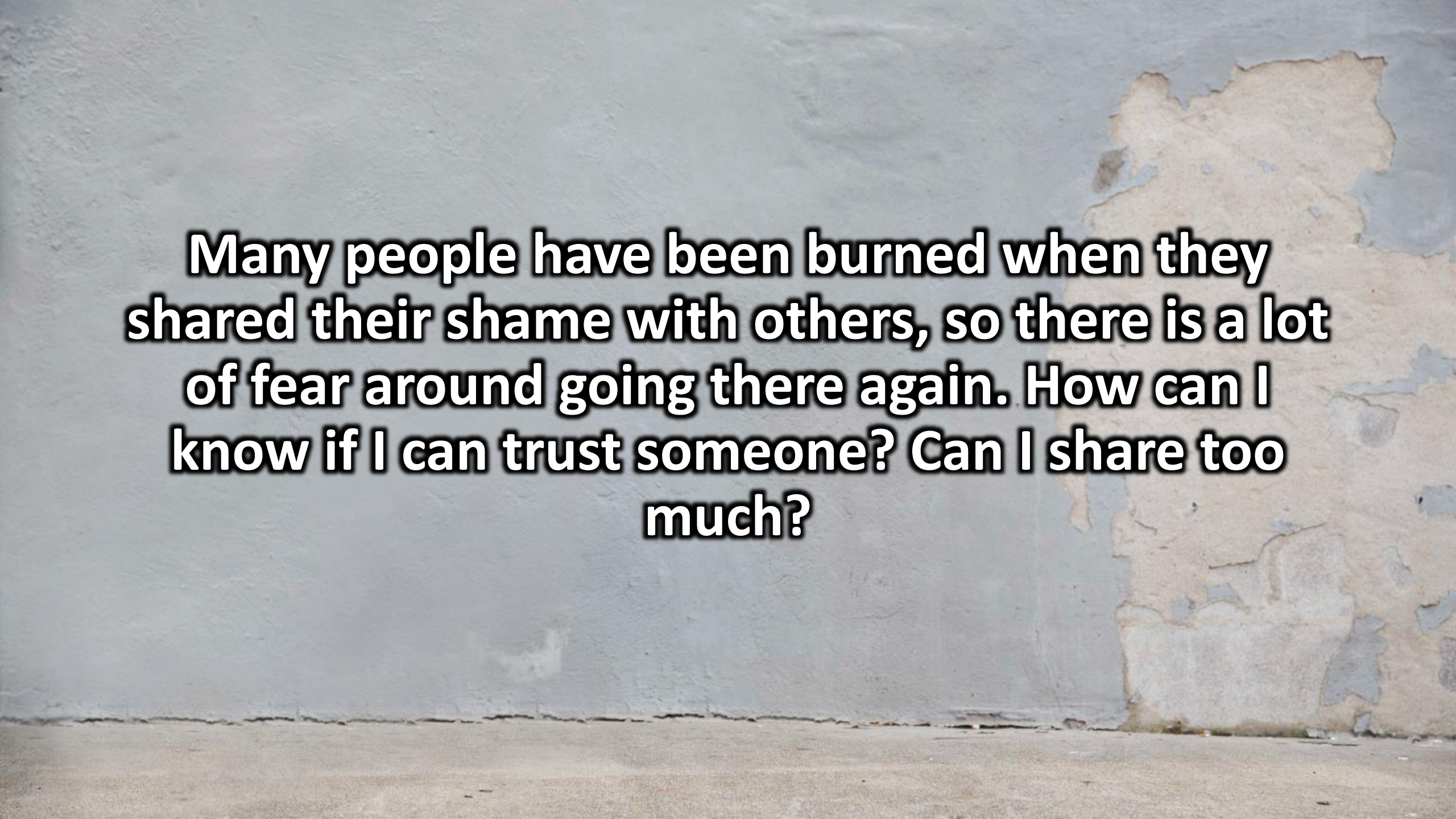
The image shows a close-up of a wall with light blue or grey paint that is peeling and chipping away, especially on the right side, revealing a tan or brownish substrate. The text is centered on the wall.

**What is the role of the church body, individually
and as a whole, in helping our brothers and
sisters let go of shame?**

I hear among believers and unbelievers alike, people who have walked with God for decades, say, “I just can’t forgive myself” OR “I know God has forgiven me, but I will never forgive myself for what I did.” Many times, other Christians in the room will affirm, “Oh yes, I can’t seem to forgive myself either” or “The hardest person to forgive is myself.” What is this about, and how should I respond?

The image shows a close-up of a wall with light blue or grey paint. On the right side, there is a large, irregular area where the paint has peeled away, revealing a rough, tan-colored surface underneath. The text is centered on the left side of the wall.

I was sexually assaulted as a child. Will that shame always haunt me?

The background of the image shows a wall with light blue or grey paint that is peeling and chipping away, revealing a brownish-tan surface underneath. The peeling is most prominent on the right side of the frame. At the bottom of the image, there is a concrete floor. The text is overlaid on the wall.

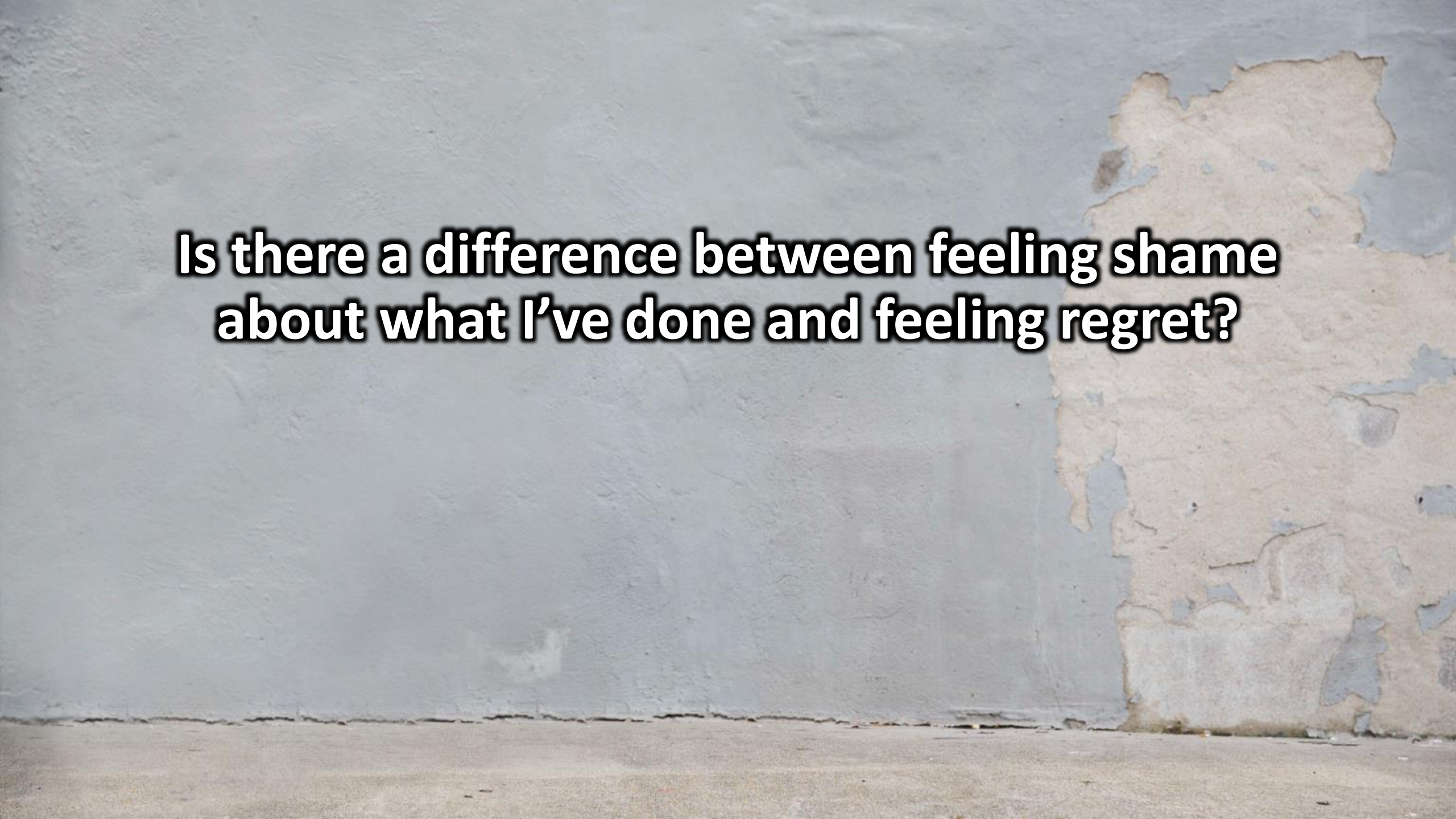
Many people have been burned when they shared their shame with others, so there is a lot of fear around going there again. How can I know if I can trust someone? Can I share too much?

In my marriage, how do I deal with angry, destructive, hurtful words my spouse says to me? Words that make me feel shamed, not enough, damaged goods, unwanted and unloved.

If someone shared their shame with me, I'm not sure what to do or how to respond or how I could help. Do you have any specific suggestions?

Since I have “confessed my sin” to God in the past and received His forgiveness, do I need to revisit my sin ever again? Revisiting it by retelling the story brings up old pain (like picking off a scab). Isn’t it okay to leave it alone and let it remain in the past? Or is this reluctance an indication that there is still shame attached to my past?

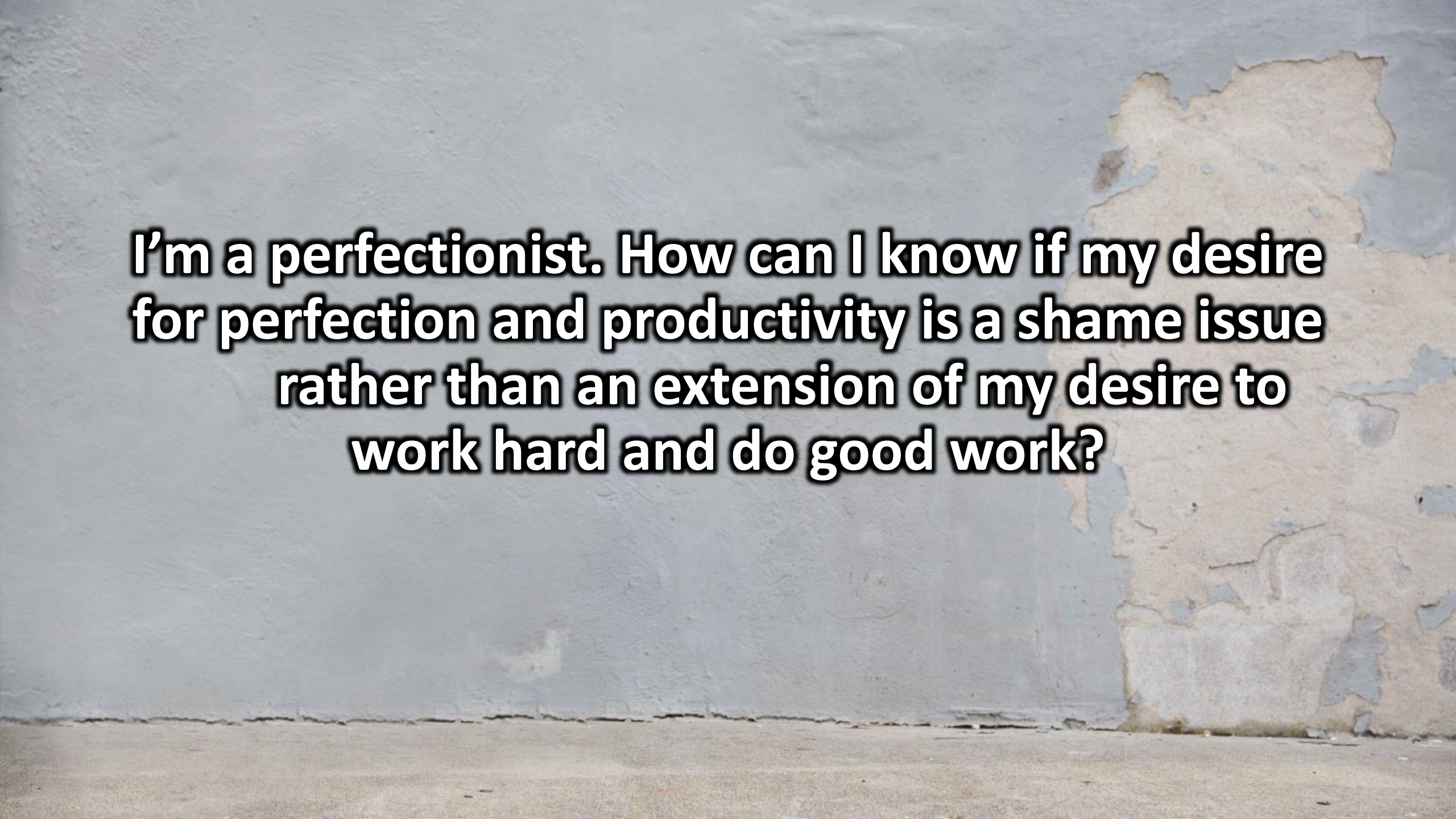
Nothing traumatic has happened to me. I know I'm forgiven from my sins, but I still feel shame. I still feel the need to be validated in what I do. I still feel the need to chase after the acceptance of others. I still feel fear when I'm facing new challenges. Where is this coming from, and how can I deal with it?

A photograph of a wall with peeling paint. The wall is mostly light blue-grey, but on the right side, there is a large, irregular section where the paint has chipped away, revealing a brownish, textured surface underneath. The text is centered on the wall.

Is there a difference between feeling shame about what I've done and feeling regret?

When someone is acting out their shame (which negatively affects a relationship), how can I respond to them with grace yet point out the truth of their actions? How can I deal with tough issues, sin issues, without shaming them, for example, avoiding confrontation, ignoring, indifference, and abandoning when conflict arises?

When I see someone I love continue in persistent sin, being rebellious and hiding it, how do I confront him/her without sounding judgmental/critical/shaming? Please offer helpful phrases and wording.

A photograph of a wall with peeling paint and a concrete floor. The wall is light blue-grey, and the paint is chipped away in several places, revealing a tan-colored surface underneath. The floor is a plain, light-colored concrete. The text is overlaid on the wall.

I'm a perfectionist. How can I know if my desire for perfection and productivity is a shame issue rather than an extension of my desire to work hard and do good work?