

"YOU CAN NEVER LET THEM SEE YOU SWEAT": Lies of Shame & Vulnerability

I. The Shackles of Shame

"Adam and his wife were both naked, and they felt no shame." Gen 2:25

A. What Shame Tells Us

1. We experience guilt for the wrongs we make,
But when we Internalize SHAME, it's an attack on WHO WE ARE
2. Guilt says: "I'm sorry I made a mistake"
Shame says: "I'm sorry, I AM a mistake"

B. Shame Tries to Shackle Us to Fear

"He answered, 'I heard you in the garden, and I was afraid because I was naked; so I hid.'"
-Gen 3:10

Shame causes us to:

- 1-resist vulnerability
- 2-separate from relationships
- 3-and live a life of isolation.

C. Shame Attempts to Isolate

- Us from God
- &
- Us from Community

II. A Woman and Her Jar (John 4:1-42)

A. Relentless to Save (vs 5-8)

-*"he HAD"*

-it is imperative that I do this, I MUST, it is necessary.

-*"through Samaria"*

-a lower class of people, not as good because of their mixed race.

B. Isolated for Survival (vs 5-8)

-She came alone, avoiding the community around her, in the hottest part of the day

-She 'd rather take the heat of the sun than the heat of her neighbor's condemnation

C. Deflecting through Cynicism (vs 9)

-The woman's first reaction to Jesus is disbelief

D. Diverting through Offense (vs 10-12)

-Her next reaction was one of offense

E. Disguising through Sarcasm (vs 13-15)

15 The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

-She attempts to disguise her heart from the real issue with humor

F. Distracting through Religion (vs 19-20)

-Her reaction when confronted with her shame was to change the subject and try to persuade Jesus into having a religious argument.

G. A Proclamation of Truth (vs 21-26)

26 Then Jesus declared, "I, the one speaking to you—I am he."

-Jesus never shies away from truth, instead he wades through our attempts to derail the conversation and brings us into the light.

H. A Heart Freed (vs 27-30; 39-42)

1. *"Then, leaving her water jar behind"*

...along with the weight of her shame

...with Jesus

2. *"she went back to her town and her people"*

...out from isolation and fear

3. *"and they came out and made their way towards Jesus"*

...In the Gospel of Jesus Christ, our shame is traded for His forgiveness

III. The Cross of Christ Frees Us

IN CHRIST:

OUR WEAKNESS IS TRADED FOR HIS STRENGTH

OUR BROKENNESS IS TRADED FOR HIS RIGHTEOUSNESS

OUR ISOLATION IS TRADED FOR HIS RELATIONSHIP

A. Re-established IN JOY

"looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. "

—Heb 12:2

B. Renewed FOR RELATIONSHIP

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" -2 Cor 5:17

THE CROSS OF CHRIST RENEWS US
FOR LASTING RELATIONSHIP

C. Freed to Live. Freed to Boast. Freed to Tell

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. -2 Cor 12:9-10

1. Receive the living water that He's offering
2. Leave your water jar behind with Jesus
3. Tell your story so others can make their way towards Him

WE ARE FREE:

- to live in the all-sufficient grace of Christ
- to boast in His power
- to tell our story