

"YOU'RE GONNA GET WHAT YOU DESERVE":

The Lies of Shame & the Truth of Forgiveness

I. The Shackles of Shame

A. What Shame Tells Us

Shame is ruthless in its attack

1. We experience guilt for the wrongs we make...

-healthy sorrow leads to holy conviction and godly repentance

We internalize shame for who we are...

-unhealthy shame carries scorn, brings condemnation and causes us to run from God

We experience guilt for the wrongs we make,
But when we EXPERIENCE 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

Shame chains us to the fear of being forsaken,
Leaves us hopeless,
And makes us think we're a waste.

II. The Hope found in Forgiveness

A. Nathan's Call to Repentance

1. 2 Samuel 12:1-10

B. David's Song (Psalm 32)

1. The Blessing of Forgiveness (vs 1-2)
2. The Weight of Sin (vs 3-4)
3. The Heart of Confession (vs 5-6)
4. The Song of Deliverance (vs 7-8)
5. The Rejoicing of the Righteous (vs 9-11)

C. Empathy, Guilt, and Freedom

1. Hebrews 4:14-15

The way to learn empathy, know guilt, and be freed
from judgement is through Christ on the Cross.

Shame is ruthless in its attack, telling us we're forsaken and deserve to die.
But Christ is relentless in his love, telling us "you are forgiven"

OUR TRUTH!: THE CROSS OF CHRIST REDEEMS US IN FORGIVENESS

2. 2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

OUR SIN WAS IMPUTED TO JESUS ON THE CROSS.
HIS RIGHTEOUSNESS WAS IMPUTED TO US IN NEW LIFE.

III. Receive it, Speak It, Believe It, and Live It.

Breaking Shame by the Power of Christ's Forgiveness...

S. Stop

-Stop the hiding. Stop walking down the old path, stop thinking the old way, and stop buying the old lies

-Hebrews 4:13

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account."

T. Turn

-Turn to the only One who matters, and admit your need for God's forgiveness

-2 Chronicles 7:14

"if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

A. Acknowledge

-Acknowledge the sin you've committed and get real with God

Isaiah 53:6

"We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all."

B. Believe

-Believe God's Forgiveness is sufficient and complete

-1 John 1:9

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

S. Speak

-Speak the Word of God into your life

-Isaiah 55:11

*"so is my word that goes out from my mouth:
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it."*

E. Embrace

-Embrace the new Identity that Christ has imputed

-2 Cor 5:21

"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

M. Make

-Make the choice to live, walk, and act in your new identity rather than your old self.

-Romans 6:1-4

*"What shall we say, then? Shall we go on sinning so that grace may increase? **2** By no means! We are those who have died to sin; how can we live in it any longer? **3** Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? **4** We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life."*