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## **“Shame Shackle”**

*“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.” (Galatians 5:1)*

**Shame – Oppressive Focus on Oneself & One’s Imperfections**

### **Origin of the Shamed-Based Culture**

**Genesis 2:25, 3:6-8** – (25) “And the man and his wife were both naked and were not ashamed. (6) So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. (7) Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. (8) And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.”

**Shame: (1) Instigates Cover-Up Activity**

**(2) Isolates one from God & Others**

### **Oppression of the Shame-Based Christian**

**Galatians 5:2-4** – (2) “Look: I, Paul, say to you that if you accept circumcision, Christ will be of no advantage to you. (3) I testify again to every man who accepts circumcision that he is obligated to keep the whole law. (4) You are severed from Christ, you who would be justified by the law; you have fallen away from grace.”

**Acts 15:8-11** – (8) “And God, who knows the heart, bore witness to them, by giving them the Holy Spirit just as he did to us, (9) and he made no distinction between us and them, having cleansed their hearts by faith. (10) Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear? (11) But we believe that we will be saved through the grace of the Lord Jesus, just as they will.”

**Key Point: God’s Grace works to Displace Shame**

## **Embrace of Grace**

**Luke 15:17-23** – (17) “But when he came to himself, he said, ‘How many of my father’s hired servants have more than enough bread, but I perish here with hunger! (18) I will arise and go to my father, and I will say to him, Father, I have sinned against heaven and before you. (19) I am no longer worthy to be called your son. Treat me as one of your hired servants.’ (20) And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, **and ran and embraced him and kissed him.** (21) And the son said to him, ‘Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.’ (22) But the father said to his servants, ‘Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. (23) And bring the fattened calf and kill it, and let us eat and celebrate.’”

**“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.”  
(Hebrews 12:2)**

### **Questions:**

**What impacted me the most in this message?**

**Am I challenged by shame?**

**Do I feel like I never measure up? Do I have a perfectionist tendency?**

**Who wants to keep us bound up in shame? (Rev. 12:10)**

**Have I fully embraced the grace of my Heavenly Father?**

(ESV used unless otherwise noted)