

**HEALING SHAME**  
**Ghosts of Christmas Past – Part 2**  
**December 10, 2017**

Shame is a soul crushing, identity warping emotion.

Guilt is the feeling that I did bad.

Shame is the feeling that I am bad.

We connect what happened with who we are.

**SHAME-BASED THINKING**

- Makes us vulnerable to perfectionism.
- Makes us critical of ourselves.
- Makes us have self-defeating thoughts.

**GOD SETS US FREE FROM THE SHAME OF SIN...**

**Isaiah 54:4 (NLT)** *“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth.”*

**1 John 1:9 (NIV)** *“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

**2 Corinthians 5:17 (NKJV)** *“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”*

**Psalms 103:12 (NASB)** *“As far as the east is from the west, so far has He removed our transgressions from us.”*

**Romans 8:1-2 (NIV)** *“Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”*

**Isaiah 43:25 (NIV)** *“I, even I, am He who blots out your transgressions, for My own sake, and remembers your sins no more.”*

**Exodus 12:40-41 (NIV)** *“Now the length of time the Israelite people lived in Egypt was 430 years. <sup>41</sup> At the end of the 430 years, to the very day, all the Lord’s divisions left Egypt.”*

It’s easy to believe that you are something  
that God says you are not.

The only way to heal from shame is to move the focus  
from what I'm not... to who Christ is.

**YOU ARE DESIGNED BY GOD TO NEED HIS HELP...**

**Philippians 4:13 (NIV)** *“I can do all this through Him who gives me strength.”*

**2 Chronicles 16:9a (NIV)** *“For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him.”*

**Isaiah 41:10 (NIV)** *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.”*

**Isaiah 58:11 (NIV)** *“The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”*

**Psalms 121:1-2 (NIV)** *“I lift up my eyes to the mountains—where does my help come from? <sup>2</sup> My help comes from the Lord, the Maker of heaven and earth.”*

**2 Thessalonians 3:3 (NIV)** *“But the Lord is faithful, and He will strengthen you and protect you from the evil one.”*

**Because of my New Identity in Christ...**

I am not \_\_\_\_\_, but rather I am \_\_\_\_\_.

**Joshua 5:9a (NLT)** *“Then the Lord said to Joshua, ‘Today I have rolled away the shame of your slavery in Egypt.’”*

Someone may have said to you, “Shame on you.”

But today God says to you, “Shame off you.”