

REDEEMING SHAME



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In Latin, the definition of redemption is "to buy back," or in other words, it's an act or process. Redemption from shame is done by removing the guilt or punishment of self. Instead we must allow self-compassion and love.

In the story of Ruth, redemption is referenced 22 times on the loss of her husband and leaving the land. Ruth and Naomi experience social shame and ridicule. The story of Ruth enables us to acknowledge the sovereignty of God through circumstances in which He freed us, by His saving grace. Through His son Jesus Christ, we can surrender our shame to the cross to be free. (Romans 8:23)

WHAT IS SHAME?

Shame can be defined as a feeling of resentment or humiliation that arises in relation to the perception of having done something dishonorable, immoral, or improper.

RESULTS OF SHAME

Signs of Shame:

- Feeling unappreciated
- Worrying that you are not treated with respect
- Trying to hide or be inconspicuous
- Feeling suspicious or like you can't trust others

Causes of Shame:

- Childhood trauma or neglect
- Mental health disorder involves self-criticism or judgment
- Feelings of flaws or inadequacy will be revealed
- Not living up to the high standards you set yourself or meeting expectations.

Impact of Shame:

- Makes you feel like you are flawed or something is wrong with you
- Can lead to social withdrawal, addiction, and suicidal ideation.
- Can cause you to become defensive and shame others
- May cause you to inflate your ego to hide your feelings of worthlessness

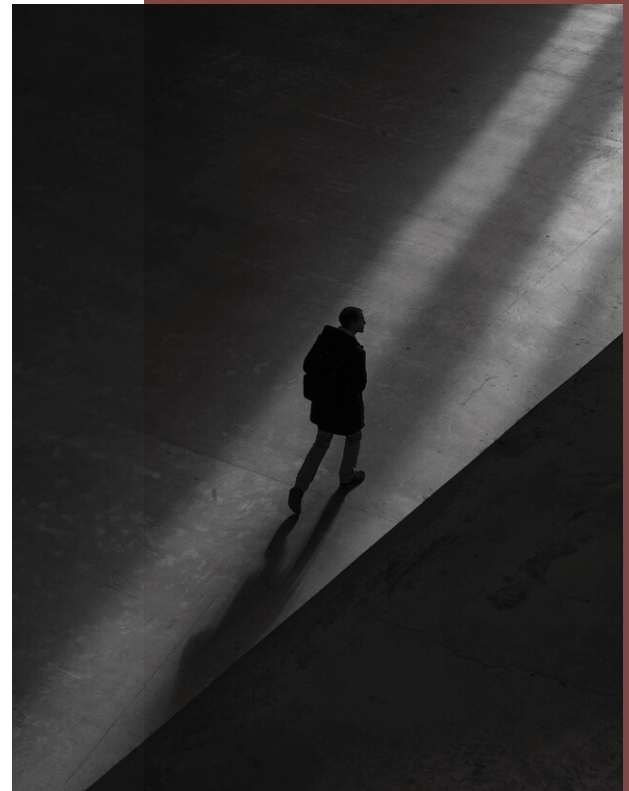
Disarming Shame

Rob LeLaurin

Four Characteristics of People Who Are Able To Disarm Shame in their Life:

- 1) They know what the triggers are to shame.
- 2) They were able to reality check their shame triggers.
- 3) They reached out to others.
- 4) They were able to talk about their shame

We need compassion, vulnerability, and authentic community to disarm shame.



GOD & SHAME

In Genesis 3, Adam and Eve ate the fruit from the forbidden tree and felt guilty before God because they disobeyed Him. The power of shame came upon them and they began to experience feelings of condemnation.

Shame comes as a result of feeling guilty and deficient. Jesus declares us guiltless and promises us His grace will be sufficient in our weakness (2 Cor. 12:9-10). The key to breaking free from shame is the superior power of humility of faith, from the work of Christ through His promises. Jesus is our righteousness and provider that we are set free from bondage through Him. Shame has no authority over us.

Redeeming Shame Seminar

Did you miss our seminar on Shame? Click the link above to view the recording! Rob LeLaurin walks us through how to Biblically understand, overcome, and help others deal with shame.



RESOURCES

Suicide Prevention Training Question, Persuade, Refer.

FREE training! You must use your MBI email address.

1. Scan code or navigate to: qprtraining.com/setup
2. Organization code: MOODY & Create Account
3. Complete and submit student registration form
4. QPR will display/email the newly created Username & Password.
5. Log in to begin training at qprtraining.com



The first 20 students to submit a certificate of completion will receive a gift card!

Email certificate to Sharina.Porter@moody.edu.

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