

## Free from Guilt and Shame

**Guilt:** a) The state of one who has committed an offense. b) A feeling of deserving blame for offenses.

**Shame:** a) A condition of humiliating disgrace or disrepute. b) A painful emotion caused by consciousness of guilt, shortcoming, or impropriety.

**Paradigm** (what I believe to be true): “I make mistakes. I fail to live up to proper standards. The offenses I commit prove my guilt and that I deserve the blame for my mistakes. I can’t meet the standards, so I am a disgrace.”

**Shame-based relating:** the use of shaming to manipulate or control another.

- Condemnation is based on the gap between performance and a standard.
- Power is only effective as long as the gap exists.
- No path to reconciliation exists.

**The Standard:** Who told you that you were naked? (Genesis 3:11)

- The Accuser (Revelation 12:9-10)
  - Perfection – an impossible standard
- Personal Opinion
  - My Best Intentions – a phantom standard
- Public Opinion
  - Our Expectations – a shifting standard
- God’s Opinion
  - Forgiveness – reconciliation and redemption

**The Path to Reconciliation:** (2 Corinthians 5:16-19)

- Not regarded according to the flesh
- I am a new creation
- Reconciled to God through Christ

**Guiltless:** Totally forgiven, past, present, and future (Romans 8:1-2)

- Receive forgiveness, the price has been paid
- Extend forgiveness, be done with sin

**Free from guilt and shame:** (Interrogate strongholds)

- What does shame offer or promise you?
- Who condemns you for your guilt?
- What does God have to say about you?
- What would you like God to reconcile in you next?