

**Ghosts of Christmas**  
**“Dealing with Past Shame”**  
- selected verses -  
December 10, 2017 / Pastor Shawn

- **Guilt is: I did Bad.**
- **Shame is: I am Bad.**

**SHAME-BASED THINKING**

- **We are vulnerable to perfectionism** \_\_\_\_\_. We attempt to silence our shame with error-free performances and find it difficult to admit failure.
- **We are critical of ourselves making us critical of others.** We see our faults mirrored in others. We become judgmental of others and are perceived as self-righteous or arrogant.
- **We use self-defeating thoughts as a form of protection and escape.** We focus on the worst possible outcome, sabotaging opportunities and relationships.

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....  
Isaiah 54:4 (NLT)

If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
1 John 1:9

- **You're still believing 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 Jesus Christ is.**

**BECAUSE OF CHRIST**

- **I am not \_\_\_\_\_.**
- **Because of Christ I am \_\_\_\_\_.**

Then the LORD said to Joshua, “Today I have rolled away the shame of your slavery in Egypt.”  
Joshua 5:9 (NLT)  
(cp. Romans 8:1)

**Discussion Questions**

1. What was your “take-away” from Sunday’s message? Why did this “stick” with you?
2. Pastor Shawn described shame as thinking: "I did bad, so I am bad." What's your first memory of feeling this way?
3. What does your shame-based thinking sound like? What can you do to change it?
4. Read the verses below and briefly note what they teach about the process of spiritual growth and change:
  - (a) Ephesians 4:14-15
  - (b) Philippians 3:12-14
  - (c) 1 Peter 2:2
  - (d) 2 Peter 3:18
5. Fill in the blanks with your new Shame-Free Identity. I am no longer \_\_\_\_\_. Because of Christ, I am \_\_\_\_\_. *(If you need assistance in completing “Because of Christ,” pick up a copy of the “Spiritual Discipline of Affirmation;” this can be secured from the Info Counter, in the church office or from Pastor Shawn.)*