

Scripture Is about Our Shame

With Scripture's introduction, "the man and his wife were both naked and were not ashamed," we begin the story of shame, and it is Scripture's premiere story. Since it is so important in Scripture, we expect to find this problem everywhere. Believers will experience its lively remnants, and unbelievers will always be looking for ways to cover up and present a better image to God and humankind. It is, indeed, everywhere. It lurks beneath so many human problems, so it is needed within the church. It is also a powerful theme through which we invite unbelievers to Jesus.

Ed Welch holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah, as well as an MDiv from Biblical Theological Seminary. Ed has been counselling for over thirty-five years and has written many books and articles on biblical counselling including, *When People Are Big and God Is Small*, *Addictions: A Banquet in the Grave*, *Depression*, *Running Scared*, *Shame*, *Interrupted*, and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren.

I. Know the person

A. Shame is the deep sense that you are unacceptable because of something you did or something done to you.

B. Images and words

1. Naked – humiliated
2. Outcast – unlovable
3. Unclean – disgusting

II. Know what God says

A. "Notice the opposite of shame" – holy, lifted up

B. "Listen to a story"

1. "You turn away and you have been disgraced" (Lev 10: 10 – the clean, the unclean and the holy)
2. "I pursue" (Ex. 19:6, Ex 28, Ex. 34, Deut. 7:6-8, Ps 34:5, Isa. 54:1-5, Isa. 55)

3. “Fix your eyes on Jesus”

a. “I come close” (Luke 4:18-19)

b. “I make new boundaries”

c. “I touch you” (John 4, Luke 7-8)

d. “I eat with you” (Matt. 9:9–11)

e. “A simple foot-washing is enough” (Matt. 15:11, John 13)

f. “I put shame to death” (Heb. 2:9, 12:1-2)

4. “Now, everything has changed” (1 Cor. 1:26-27)

III. Respond

1. Only misfits can come

2. Speak to the God who was shamed

3. Believe

4. Be lifted up

5. Prepare for the Lord’s Supper

6. Touch people (1 Cor 7:14)

7. Pursue holiness (1 Pet 1:13-16)

8. “Do you love me?” (John 21)

9. Receive your benedictions (Num 6:22-27, 1 Pet 2:9-10)

Suggested Readings: Shame Interrupted (Welch)