

Guilt and Shame

Teach: Guilt is only 33-35 times in the Bible, but Shame/Disgrace is 300 or more times in the Bible.

1. Guilt – is doing wrong, Feelings of sinfulness, evil, wrongdoing and failure to measure up.
2. Shame - I am wrong, not enough, identity, I am bad

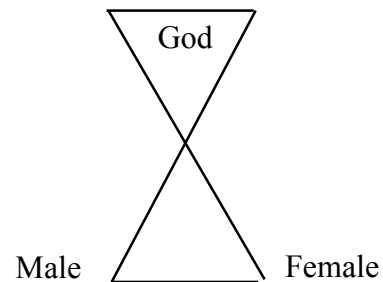
Guilt without shame: ex. Speeding, don't feel bad

Shame without guilt: ex. Been forgiven but not enjoying it, not forgive self

Source of Guilt and Shame

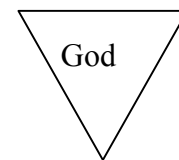
-God's Original Design

- a. Dependent on Him
- b. In communion with Him
- c. No demands on each other
- d. Reflecting His image
- e. Absence of guilt & shame



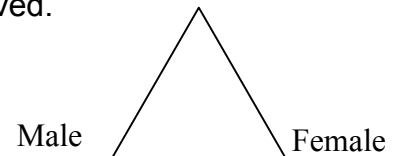
-Satan's Role to generate shame

- f. Separate from God as Source
- g. Guilt (led to hiding, Adam & Eve)
- h. Shame (blaming & covering, fig leaves)
They did not believe that God had their best
Interest in mind, that they were loved.



-The Curse

- i. Desire for husband (to control him)
- j. Rule over wife (as a tyrant)
- k. Blaming (criticism, sarcasm)



-The Law (2 Cor 3)

- l. Failure to measure up
- m. Reveals sin

- Family of origin: shaming, abuse, etc...
- Traumatic events

Two Broad Categories

1. Objective guilt: Objective guilt occurs when a Divine law or civil standard has been broken and the lawbreaker is guilty even though he or she may not feel guilty. True or appropriate guilt is when the Holy spirit convicts you.

Constructive Sorrow or Godly Sorrow - II Cor. 7:8-10

- Is not self-condemnation or guilty feelings
- Godly sorrow is sorrow that leads to constructive change

2. Subjective guilt: Subjective guilt is the feeling that occurs when we break our personal standard of right and wrong or a feeling of guilt when we haven't broken any legitimate standard. A feeling of regret, remorse, shame, self-condemnation that comes when we have done or thought something that we feel is wrong, or failed to do what we should have. False or inappropriate guilt is when we have not broken any moral, ethical or civil standard, or is an overreaction, or unforgiveness.

Illustration: if one person knocks over coffee into another's lap, guilt feelings may cause a reaction like "I'm so stupid, I'm so clumsy, I'm sorry" - the coffee spiller become self-critical and self-focused. Constructive sorrow might lead to "I'm sorry, let me wipe it up and later I'll pay the cleaning bill"

The Effects of Guilt and Shame

Shame Games

- I give up! It's no use! (This may lead to depression) believing that I am not good enough
- Try harder, be a success to prove I am worth love
- I'll show you! This is revenge, a form of anger and rebellion.

Isolation and Rejection

- Spiritual loss – We avoid the Bible, church, and prayer.
- No fellowship with God or others
- Fear of intimacy (can't be known)

Everyone has a deep need to belong and we must be loved to belong, must feel known to be loved and belong.

Read about Prodigal Son (Lk 15) No reason to be ashamed and avoid your Heavenly Father any longer!

Defense Mechanisms

- Projection - Attributing my thoughts and feelings to another person to avoid looking at myself.
- Repression - Involuntary exclusion of unwanted thoughts from the conscience mind.
- Suppression - Voluntary exclusion of unwanted thoughts and feelings.
- Obsessive compulsive reactions or reaction formation. Performance of certain acts without regard to rational consideration.
- Blame shifting - The need to make others appear in the wrong in order to protect self from guilt feelings.
- Can't say no - codependency, fear of disapproval, pleasing
- Guilt offerings - use of gifts to cover hidden guilt
- Drug and Alcohol use - temporary relief, medicate pain
- Lack of sexual fulfillment, or sexual sin
- Fear - Adam and Eve (Gen 3)
- Depression – Pent up anger against themselves.
- Anxiety - Fear without a known origin

How to be free...

Discern if this feeling is the result of true or false guilt.

-If it is the result of true guilt, confess our sins before God and receive His forgiveness and seek to make amends with those we have hurt if possible

-If we have not broken any civil or moral laws and are not being disobedient to the leading of the Holy Spirit, we are most likely struggling with false guilt feelings. Reject the feelings and claim the truth and set our minds on the truth.

	Holy Spirit's Role	Satan's Role
Before Salvation	Conviction of Guilt Reveal Condemnation	Deception of Innocence Reveal False Security
After Salvation	Conviction of Righteousness Encourage With Security	Deception of Guilt Tempt with Insecurity Condemnation or shame

-The Holy Spirit's Conviction

Specific

Always deals with a behavior, not the person

Always edifying and uplifting - initially may feel like
condemnation

Leaves you with hope

-Satan's Accusations

Vague

Attacks our person-hood

Always downgrading

Always leaves without hope

Find a safe place to be vulnerable and your fears will die.

Take a risk in the healing process with God and others.

Ex. Man by the pool in John 5:2-9 (read). Jesus asks if want to be healed. Carry mat.

You can do this because you are accepted by God. He will honor and respect you as he heals.

Ex. Lk 12:12-15 – son raised from dead, Mk 3:1-5 – hand healed in temple, Mt 9:20-22- woman bleeding.

*watch Nooma – Lump

Suggest Resources:

Shame Off You

Bibliography

McGee, Robert S. *The Search for Significance*. Word: Nashville. 1998.

Seamans, David A. *Healing for Damaged Emotions*. Chariot Victor Publishing: Colorado Springs. 1991.

Solomon, Charles R. *Handbook To Happiness*. Tyndale House: Wheaton, Ill. 1989.

Van Vonderan, Jeff. *Families Where Grace is in Place*. Bethany House: Minneapolis. 1992.

Suggested movie:

Bastard Out of North Carolina (girl named Bones)