

Shame: What can God do? (Week 5: Renewal and Rest)

REVIEW LAST WEEK

Romans...the life and effects of salvation through Jesus Christ.

Rom 12:1-2

¹Therefore [in light of the gospel and work of Christ in you], I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship [response]. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

To be conformed...stuck in shame cycles and the pain and traps they bring.

To be transformed...free from shame because of a RENEWED mind.

7 steps to renewing your mind towards freedom.

1. Re-orient (Renew) your mind to hold God, not people, as your primary outside source.

- All human sources are flawed and broken. People are never perfect.
 - Parents
 - Teachers
 - Pastors
 - Extended Family
 - Other authoritative adults
 - Bosses
 - Close friends
- Authority figures are broken too.
- People have a limited perspective.
 - People look on outside...God sees heart
 - 1 Samuel 16:6-7

⁶ When they arrived, Samuel saw Eliab and thought, "Surely the Lord's anointed stands here before the Lord."

⁷ But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

- Divine Sources
 - Triune, loving community
 - Loving, creator, providing, knowing, Father
 - Empathetic, compassionate, Son
 - Filling, helping, advising, teaching Spirit
- The key is to know the divine source, not know of the divine source.
 - The purpose of scripture: Revelation
 - Time with the source

2. Re-orient (Renew) your mind towards the right/healthy image(s) of God

Shame can instill wrong and unhealthy images of God.

Renewing a right image of God involves:

1. Studying the revelation of God.
 - Life-giver
 - Good-pronouncer
 - Grace-extender
 - Spirit-filler
 - Transformation-bringer
 - Relationship-reconciler
 - Joyful-restorer
 - Unconditional-accepter
2. Entering into a relationship with God.
 - Belief
 - Spiritual Practices
 - Submission
3. Getting help from those who do have healthy perspectives on God.

3. Re-orient (renew) your mind towards the right assessment of yourself *in Christ*.

When we accept Christ as Lord, we automatically become the following:

- Broken but able to heal
- Sinful but forgiven (Ephesians 2:7)
- Alive, not dead (Romans 6:11; Ephesians 2:4-5)
- Filled, not empty

- Justified, not condemned (Romans 5:1; 8:1)
- Hopeful, not despairing
- Reconciled, not cut off (Romans 5:10; Colossians 1:22)
- Freed from being slaves to sin (Romans 6:6)

We can be more...if we choose to.

- Sanctifying (becoming more holy, obedient, submitted) (1 Corin. 1:2)
- Forming/Transforming (becoming more like Christ for the sake of others) (Romans 12:2)
- Healing (become a whole self)
- Impacting (helping the world around me do the same) (Acts 1:8)

Secret to making this happen:

- Enter into a discipling relationship
- Practice spiritual disciplines

4. Re-orient (renew) your mind by accepting God's messages and revelation as authoritative

Messages about himself

Messages about the world

Messages about the enemy

Messages about you

1 Peter 5:8

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

John 8:44

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

Romans 8:16

The Spirit himself testifies with our spirit that we are God's children.

1 Corinthians 1:5

For in him you have been enriched in every way—with all kinds of speech and with all knowledge—

2 Corinthians 2:15-17

¹⁵ For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. ¹⁶ To the one we are an aroma that brings death; to the other, an aroma that brings life. And who is equal to such a task? ¹⁷ Unlike so many, we do not peddle the word of God for profit. On the contrary, in Christ we speak before God with sincerity, as those sent from God.

Galatians 3:27-29

²⁷ for all of you who were baptized into Christ have clothed yourselves with Christ. ²⁸ There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. ²⁹ If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

Eph 1:3-11; 2:4-5

³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us. With all wisdom and understanding, ⁹ he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will.

Philippians 1:11

filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Hebrews 10:14

For by one sacrifice he has made perfect forever those who are being made holy.

1 John 1:7

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 Peter 2:9

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

5. Re-orient (renew) your mind using scripture as your grid to interpret life.

- Replace the shame grid
- Piece by piece
- Filter first through scripture

2 Timothy 3:16

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

6. Stop using your performance as the way out.

Performance is a way of trying to “earn” God’s approval, grace, salvation.

The Law (Galatians 2:16-19; Romans 7:4)

- The Law convinces us we can’t live a righteous life without God.
- The Law reveals our defects and helplessness outside of God’s help.
- The Law requires God’s grace to be applied for relief.
 - God already paid the price, so we can accept it for ourselves.

7. Start resting in God’s pronouncement as to your identity.

Shalom = contented rest. Acceptance. Not striving to change or make better.

SHOW rest cycle



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To be conformed... _____ in shame cycles and the pain and traps they bring.

To be transformed... free from shame because of a _____ mind.

Seven steps to renewing your mind towards freedom:

1. Re-orient (renew) your mind to hold _____, not _____, as your primary outside source.

- All human sources are _____ and broken.

- _____ figures are broken too.

- People have a limited _____.

- Divine Sources:
 - Triune, loving _____.
 - Loving, creator, providing, knowing, _____.
 - Empathetic, compassionate, _____.
 - Filling, helping, advising, teaching _____.

- The key is to _____ the divine source, not _____ the divine source.

2. Re-orient (renew) your mind towards the right/healthy _____ of God.

Renewing a right image of God involves:

1. Studying the _____ of God.
2. Entering into a _____ with God.
3. Getting _____ from those who have healthy perspectives on God.

**3. Re-orient (renew) your mind towards the right assessment of _____
*in Christ.***

When we accept Christ as Lord, we automatically become the following:

- _____ but able to heal
- _____ but forgiven (Ephesians 2:7)
- _____, not dead (Romans 6:11; Ephesians 2:4-5)
- _____, not empty
- _____, not condemned (Romans 5:1; 8:1)
- _____, not despairing
- _____, not cut off (Romans 5:10; Colossians 1:22)
- _____ from being slaves to sin (Romans 6:6)

We can be more...if we choose to.

- _____ (1 Corin. 1:2)
- _____ / _____ (Romans 12:2)
- _____
- _____ (Acts 1:8)

4. Re-orient (renew) your mind by accepting God’s messages and revelation as authoritative

Messages about _____

Messages about the _____

Messages about the _____

Messages about _____

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