

Identifying Shame

Guilt tells us that we have done something wrong which should lead us to confession and repentance.

Shame tells you that you are wrong.

"Anyone who believes in him will never be put to shame." Romans 10:11

To help identify shame, consider the checklist below by reflecting on each statement that you may currently be wrestling with. The root may have started in your own heart, words spoken over you/impressions given to you by others, or simply shame messages that you may be believing from the world in general through marketing, culture, systems etc). The scripture on the right is one to read, reflect and meditate on to trust Christ to overcome shame- and see resources like "Who I am in Christ"

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|--------------------------|----------------------------------|---------------------------------------|--------------------------------------|--|--|
| <input type="checkbox"/> | I am defective | Damaged <input type="checkbox"/> | Broken <input type="checkbox"/> | A Mistake <input type="checkbox"/> | <i>see Psalm 139</i> |
| <input type="checkbox"/> | I am dirty | Ugly <input type="checkbox"/> | Unclean <input type="checkbox"/> | Disgusting <input type="checkbox"/> | <i>see Isaiah 1:18</i> |
| <input type="checkbox"/> | I am incompetant | Inept <input type="checkbox"/> | Useless <input type="checkbox"/> | Not good enough <input type="checkbox"/> | <i>see Phil. 4:11-13</i> |
| <input type="checkbox"/> | I am unwanted | Unloved <input type="checkbox"/> | Uncherished <input type="checkbox"/> | Unappreciated <input type="checkbox"/> | <i>see Ephesians 1:4</i> |
| <input type="checkbox"/> | I deserve to be abandoned | Forgotten <input type="checkbox"/> | Unloved <input type="checkbox"/> | Left Out <input type="checkbox"/> | <i>see 2 Corinthians 4: 6-9, 16-18</i> |
| <input type="checkbox"/> | I am powerless | Helpless <input type="checkbox"/> | Puny <input type="checkbox"/> | Feeble <input type="checkbox"/> | <i>see 2 Corinthians 12:8-10</i> |
| <input type="checkbox"/> | I am bad | Aweful <input type="checkbox"/> | Evil <input type="checkbox"/> | Despicable <input type="checkbox"/> | <i>see Romans 8:38-39</i> |
| <input type="checkbox"/> | I am pitiful | Contemptible <input type="checkbox"/> | Miserable <input type="checkbox"/> | Insignificant <input type="checkbox"/> | <i>see Psalms 103:11</i> |
| <input type="checkbox"/> | I am nothing | Worthless <input type="checkbox"/> | Invisible <input type="checkbox"/> | Unnoticed <input type="checkbox"/> | <i>See John 3:16</i> |
| <input type="checkbox"/> | I deserve criticism | Condemnation <input type="checkbox"/> | Disapproval <input type="checkbox"/> | Distruction <input type="checkbox"/> | <i>See Romans 8:1</i> |
| <input type="checkbox"/> | I feel ashamed | Embarrassed <input type="checkbox"/> | Humiliated <input type="checkbox"/> | Dishonoured <input type="checkbox"/> | |

"And now, dear children, remain in fellowship with Christ so that when he returns, you will be full of courage and not shrink back from him in shame. – 1 John 2:28