

Shame's Antidote

✓ The cure for shame is **vulnerability**.

John 1:14, 18 (NIV) The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

¹⁸No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

✓ God's vulnerability was revealed in **Jesus**.

John 1:10-13 (NIV) He was in the world, and though the world was made through him, the world did not recognize him. ¹¹He came to that which was his own, but his own did not receive him. ¹²Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— ¹³children born not of natural descent, nor of human decision or a husband's will, but born of God.

Hebrews 12:2 (NIV) ...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

✓ Walking free from shame requires embracing the story that **love** tells.

Part 4 – Shame's Antidote ...continued

1 Timothy 1:15-16 (NIV) Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. ¹⁶But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

Romans 10:11 (NIV) As Scripture says, "Anyone who believes in him will never be put to shame."

✓ Breaking free from shame's power necessitates coming into the **light**.

1 John 1:6-7 (NIV) If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷But 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.

✓ Vulnerability is what **deepens** our connection to God and others.

1 John 4:10, 18 (NIV) This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

¹⁸There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

✓ Vulnerable, constant, self-giving love denies shame the **oxygen** it needs to breathe.