

## Overcoming Shame

The Art and Foundations of Parenting, for Everyone

May 10, 2020

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*Now the man and his wife were both naked, but they felt no shame.  
Genesis 2:25 NLT*

Observation: That is \_\_\_\_\_ the world we know and not the world our children are growing up in.

Every human being deals with \_\_\_\_\_ Gen 2:25-3:13, 23-24

- a. Shame disorders and distorts our perception of \_\_\_\_\_
- b. Shame disorders and distorts our perceptions of \_\_\_\_\_
- c. Shame delivers \_\_\_\_\_
- d. People can be \_\_\_\_\_ they are living in shame.

The answer to Shame: God likes us, loves us and we belong to Him. He is glad to be with us in His presence with us!

We know that God is glad to be with us most of all because of Jesus:

- 1. Jesus \_\_\_\_\_ what it is like to be human
- 2. Jesus isn't after \_\_\_\_\_

3. Jesus came to \_\_\_\_\_

4. Jesus is \_\_\_\_\_ when we are restored to Him. Luke 15

*And when he has found it, he will joyfully carry it home on his shoulders. When he arrives, he will call together his friends and neighbors, saying, 'Rejoice with me because I have found my lost sheep.' In the same way, there is more joy in heaven over one lost sinner who repents and returns to God than over ninety-nine others who are righteous and haven't strayed away!  
Luke 15:5-7 NLT*

5. Jesus did all He did to be \_\_\_\_\_ with you and in Him you are restored.

*For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory...all creation is waiting eagerly for that future day when God will reveal who his children really are. the creation looks forward to the day when it will join God's children in glorious freedom... Romans 8:14-17,19, 21 NLT*

*You are my dearly loved Son, my daughter, and you bring me great joy."  
Luke 3:22*

Some thoughts on overcoming shame in our homes: