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THE BEREANS

ACTS 17:11

Hebrews 2:11-18
Lesson #7
Shame
02/18/2024

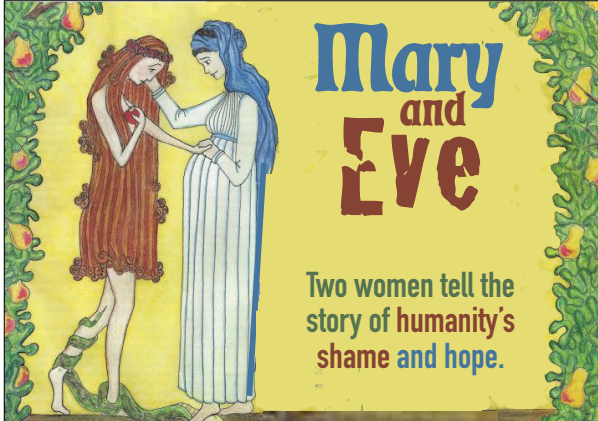
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The majesty of Christ

HEBREWS

2:11-18
Shame
(Overcoming shame & fear)

2



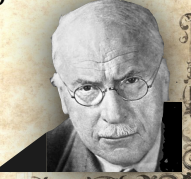
Mary and Eve

Two women tell the story of humanity's shame and hope.

Sister Grace Remington, OCSO, Our Lady of the Mississippi Abbey.

3

“Through pride we are ever deceiving ourselves. But deep down below the surface of the average conscience a still, small voice says to us, ‘**Something is out of tune**’.”



Carl Jung

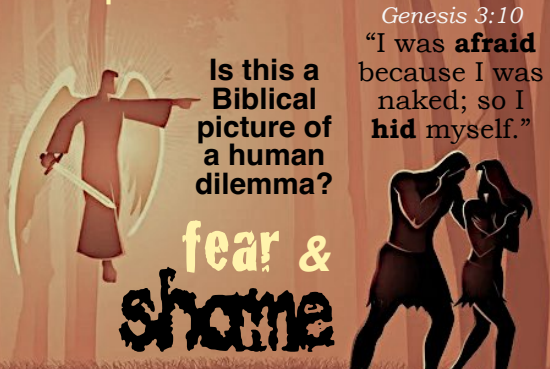
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The first negative human emotions expressed in the Bible are

Genesis 3:10
 “I was **afraid** because I was naked; so I **hid** myself.”


Is this a Biblical picture of a human dilemma?

fear & shame



5

“There is but one truly serious philosophical problem and that is suicide.”



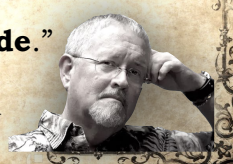
Albert Camus

6

“In my view, suicide is not really a wish for life to end. It is the only way a powerless person can find to make everybody else look away from his shame.

The wish is not to die, but to hide.”

Orson Scott Card
(author, playwright)

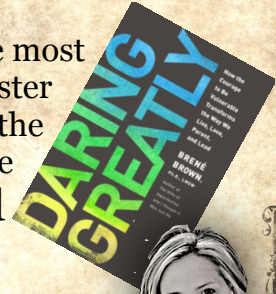



7

“Shame is the most powerful, master emotion. It’s the fear that we’re **not good enough.**”

DARING GREATLY

Casandra Brene Brown PhD





8

Do we live in a fear & shame based culture?

“We’re tired of the national conversation centering on – **what should we fear and who should we blame?**”

Casandra Brene Brown PhD



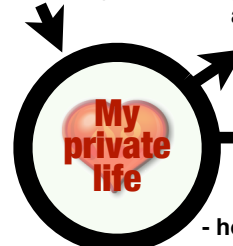
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Do I have a fear / shame problem?

Image protection
- hide the true self behind an image

False rational
- offering reasons that I think are more acceptable than the real reasons.

Deflective chatter
- humor
- sarcasm
- small talk
- intellectualization
- hysteria
- hostility



10

Hebrews 2

“11 For both He who sanctifies and those who are sanctified are all from one Father; for which reason He is **not ashamed** to call them brethren, 12 saying, “I will proclaim Your name to My brethren, In the midst of the congregation I will sing Your praise.” 13 And again, “I will put my trust in Him.” And again, “Behold, I and the children whom God has given Me.” 14 Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil;

Paraphrase

“Jesus shared our shame by identifying with us.”

11

Hebrews 2

“15 and might deliver those who through **fear of death were subject to slavery** all their lives. 16 For assuredly He does not give help to angels, but He gives help to the descendant of Abraham. 17 Therefore, He had to be made like His brethren in all things, that He might become a merciful and faithful high priest in things pertaining to God, **to make propitiation for the sins of the people.**”

Paraphrase

“Jesus removed our shame by rendering us good enough “in Christ” by faith.”

12

Hebrews 2
 “18 For since He Himself was tempted in that which He has suffered, He is **able to come to the aid of those who are tempted.**”

Paraphrase
“Jesus helps us address shame by overcoming its power.”
If we want to change our life, influence the life of others, and build a healthy community we must address shame.

13

Philippians 2
 “5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, **did not regard equality with God a thing to be grasped,** 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 And being found in appearance as a man, **He humbled Himself by becoming obedient to the point of death, even death on a cross.** 9 Therefore also God highly exalted Him, and bestowed on Him the name which is above every name,”

The Way of the Cross

14

It’s not our circumstances or our sins that are the issue so much as how we respond to them.

Starting with how we see ourselves “in Christ” and talk to ourselves.

15

Self talk

16

Parthenon

marred magnificence

Our life, going forward, is not shaped by our circumstances so much as by our response to them.

Our responses are shaped by how we see things and how we talk to ourselves.

17

Hebrews 2
 “18 For since He Himself was tempted in that which He has suffered, He is **able to come to the aid of those who are tempted.**”

Matthew 11:28
 “come to me, all who are weary and heavy-laden, and I will give you **REST.**”
 (not better circumstances, more moral discipline, or another chance.)

18

Hebrews 12

“1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every **encumbrance** (weight), and **the sin which so easily entangles** (surrounds) us, and let us run with endurance the race that is set before us, 2 **fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame**, and has sat down at the right hand of the throne of God.”

The shame & fear of missing out on life leads to dysfunctional, defensive, selfish, behavior.

19

Temptation is often a matter of who we listen to and how we choose to see things.
 (our psychological unfinished business, defensive strategies, worldly values, or the Spirit of God in us.)

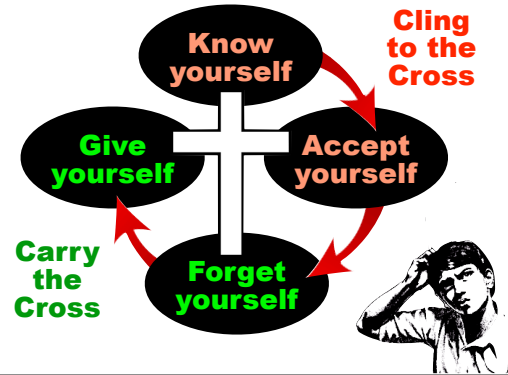
The ministry of the Spirit is to “lead us into all the truth” of the grace and glory of God in Christ.



The way of Satan is to peddle shame, blame, distortion, and destruction.

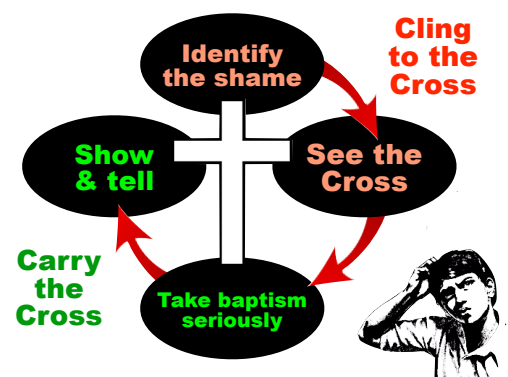
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How should we respond to shame?



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How should we respond to shame?



22

1. Know yourself


SHAME is often the root of dysfunctions like:

lying, bullying, violence, addictions, social isolation, eating disorders, self loathing behavior

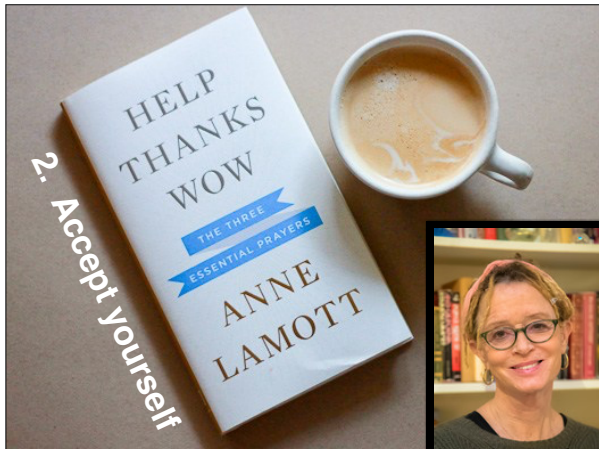
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“God is not looking for perfect people to pastor His church, but for sinners. No, for dirty, rotten, sinners who know the grace of God in Christ”

Haddon Robinson
 (Seminary professor)



24



25

The great exchange

2 Corinthians 5:21
 “He made Him who knew no sin **to be sin on our behalf**, so that **we might become the righteousness of God in Him.**”

We bear his holiness in the same way and to the same extent that he bore our sin.

26

“Holiness is not the way to Christ; Christ is the way to holiness. Better still, Christ is our holiness.”

Charles Spurgeon

27

3. Forget yourself Take your baptism seriously!

When we see self in the context of the Law, we have **Death**

When we see self in the context of the Cross, we have **Life**

28

How can we know that we are not taking our baptism seriously?

Anxiety is a negative audit of the future. “Something awful will happen.”

Anger is a negative audit of the past. “Something awful has happened.”

Shame - “I blew it.”

Blame - “Someone else blew it.”

29

Shame is

- Our stepping stone before the Cross.
- God’s cornerstone at the Cross.

If we get this, we need never face this.

- Satan’s stumbling stone after the Cross.

30

How should we respond to shame?

- **Take our baptism seriously** - see a secure place "in Christ" by faith.
- **Build a safe community** - where God's love and grace are declared and **DEMONSTRATED**.
- **Be vulnerable** - come out from hiding, confess sins, acknowledge weaknesses.
- **Resist Satan** - don't put yourself in harm's way.



31



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