

INTERNAL ENEMIES

WEEK 4 // SHAME
DANNY ANDERSON

There are things inside of us that can do far more damage than the things outside of us.

Shame: an intense feeling of **embarrassment** about something you have done or something that happened to you

“Shame is an intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”
— Brené Brown

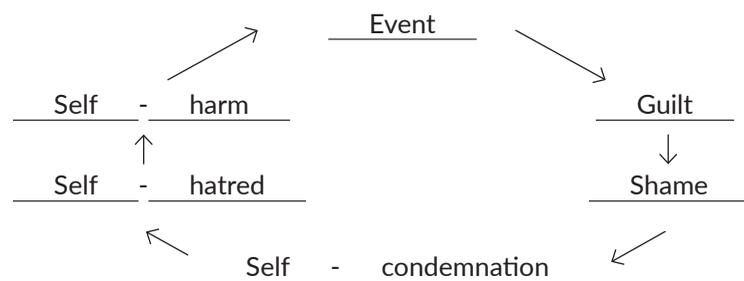
Where does it come from?

Good you Bad you

Shame emerges when we haven't lived up to the ideal version of ourselves.

“Where perfectionism exists, shame is always lurking.”
— Brené Brown

Shame, like anger, starts a vicious cycle.



We turn to false remedies.

At that moment their eyes were opened, and they suddenly felt **shame** at their nakedness. So they sewed fig leaves together to **cover** themselves. *Genesis 3:7*

“Most of what you encounter when you meet a man, is a facade, an elaborate fig leaf, a brilliant disguise.” — John Eldredge

Connect with someone who cares.

“Empathy is connection; it’s a ladder out of the shame hole.”
— Brené Brown

Carry each other’s burdens, and in this way you will fulfill the law of Christ. *Galatians 6:2*

Fully embrace God’s grace.

When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they **hid** from the Lord God among the trees. Then the Lord God called to the man, **“Where are you?”** *Genesis 3:8-9*

For he knows how weak we are; he remembers we are only dust. *Psalm 103:14*

And the Lord God made clothing from animal skins for Adam and his wife. *Genesis 3:21*

So we praise God for the **glorious grace** he has **poured out** on us who belong to his dear Son. He is so rich in **kindness** and **grace** that he purchased our freedom with the blood of his Son and forgave our sins. He has **showered** his kindness on us, along with all wisdom and understanding. *Ephesians 1:6-8*

Grace and shame cannot coexist.

“Wallowing in shame, remorse, self-hatred, and guilt over real or imagined failings in our past lives portrays a distrust in the love of God. It shows that we have not accepted the acceptance of Jesus Christ and thus have rejected the total sufficiency of his redeeming work.” — Brennan Manning

Who do you need to talk to?

Will you allow God’s grace to remove your shame?

To further explore and apply this message with your small group, visit eclife.org/groups to access this week’s group discussion questions.

EVENTS & OPPORTUNITIES

Full list of events and registration is available at eclife.org's EVENTS page

Night of Worship

An opportunity for all campuses to experience an extended time of worship. Childcare is available for children ages 0-3. (\$10 per child.)

When: Thursday, October 3, 7:00pm

Where: Greenwood Campus Auditorium

Impact 101

Did you know that God has given you—yes YOU!—unique talents and abilities? Maybe it’s making others feel welcome, brewing up a perfect cup of coffee, teaching kids, or knowing the ins and outs of production. No matter your gift, the Impact Team has a spot for you! Connect with us at Impact 101, your first step to joining the Impact Team. Learn more and register at eclife.org/impact-101. (Childcare is provided.)

When: Monday, October 7, 6:30pm

Registration is required.

VERB

Designed to help 7th-12th grade students connect with God and with one another, each month’s VERB focuses on a different theme that will help students grow in their relationship with Jesus. Students will experience a friendly, welcoming environment that is both fun and encouraging.

When: Sunday, October 27, 6:00pm

Where: Greenwood Campus E-Café & Auditorium

The 1824

Join us for an environment created specifically for young adults: 18* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, October 31, 7:00pm

Where: Greenwood Campus Fieldhouse

**18-year-old attendees must be graduated seniors.*