**No Shame**

Shame and guilt are different. Guilt says, “I did a bad thing.” Shame says, “I’m bad.” Guilt says, “I made a mistake.” Shame says, “I am a mistake.” Guilt says, “I need to be forgiven.” Shame says, “I’m unforgiveable.”

*In that day you will feel no shame because of all your deeds by which you have rebelled against Me* (Zephaniah 3:11).

*Jehovah thy God is in the midst of thee, a mighty one who will save; he will rejoice over thee with joy; he will rest in his love; he will joy over thee with singing* (Zephaniah 3:17).

*I will save the lame and gather the outcast, and I will turn their shame into praise and renown in all the earth* (Zephaniah 3:19).

**God saves us from our shame and sings with joy over us.**

**1. We feel shame in our—**

A. Nakedness – you are *exposed* (Gen 2:25-3:10)

B. Defeat – you are a *loser* (Jer 50:1-3)

C. Ridicule – you are a *joke* (Jer 20:7-8)

**2. People who are hardened against shame**

A. *Glory* in their shame (Phil 3:18-19)

B. Do not know how to *blush* (Jer 8:10-12)

C. *Will be put* to shame (Jer 8:8-9)

**3. Jesus takes our shame**

A. By His *birth*

B. On the *cross* (Heb 12:2)

C. By *clothing* our nakedness (Rev 3:17-18; 6:15)

D. By *singing* over us with joy (Zeph 3)

**For additional study or family discussion**

1. What did the Lord say to you today through His word? Did you learn some new truth about God or yourself? Did the Lord challenge you, convict you, or encourage you?

2. Romans 6:20-23.

What is the outcome of shameful deeds?

What is the outcome of the sanctification (holiness) that comes through Christ?

3. Mark 8:38. Of whom will Christ be ashamed when He returns?

4. 1 John 2:28-3:3. How can you have confidence now that you will not shrink away in shame before Christ when He returns?

5. Hebrews 10:19-22. How can you approach God boldly and without shame in spite of the fact that you are a sinner?

Thought questions:

1. Do you sometimes find yourself either paralyzed or very defensive because of secret shame? When you feel ashamed, do you hide from God and from other people? God called Adam and Eve out of hiding so that He could be gracious to them and cover their nakedness. How can you become more transparent and open before God? Are there other Christians before whom you can be more transparent and open and who will love and accept you? Light is the enemy of shame.

2. Ray Ortland gives the following formula for making church a place where people are healed of guilt and shame (instead of being made to feel worse).

**Gospel + Safety + Time. It’s what everyone needs. A lot of Gospel + a lot of Safety + a lot of Time.**