

# Lifting The Pain And Rejection Of Shame

Carrying The Weight of the World

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## INTRODUCTION

**What is shame?** "Shame is a deep sense that you are unacceptable because of something you did, something done to you, or something associated with you. You feel exposed and humiliated." Edward Welch, MDiv, PhD, Licensed Psychologist

## I. Identify The Failures That Have Caused Your Shame

At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them.  
<sup>3</sup>The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group <sup>4</sup>and said to Jesus, "Teacher, this woman was caught in the act of adultery..." John 8:2-4

## II. Receive The Forgiveness God Offers

\*Separate who you are from what you have done.

But Jesus bent down and started to write on the ground with his finger. <sup>7</sup>When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." <sup>8</sup>Again he stooped down and wrote on the ground. <sup>9</sup>At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"<sup>11</sup> "No one, sir," she said. "Then neither do I condemn you," Jesus declared. John 8:6-11

## III. Choose To Obey God's Will Moving Forward

\*Decisions not intentions determine the path.

"Go now and leave your life of sin." John 8:11

## IV. Overcome The Fear Of Disconnection By Being Connected

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