WALKING IN THE LIGHT

Love God. Love people. God is love . Relationship. 1 Cor. 13.

Desire to be known. God wants relationship. John 17:3

Relationship with Him and with one another. Intimacy.

ONE ENEMY OF RELATIONSHIP – SHAME

Shame causes us to hide. Isolates.

WHAT IS THE DIFFERENCE IN GUILT AND SHAME?

Normal human condition. We all experience it. Psychopath.

Julie as a little girl.

Humans are the only animal species that instinctively wants to cover their bodies. What is the origin of this self-consciousness, so deeply ingrained fearing exposure?

Genesis 2

Effect of sin – Genesis 3

Effect on relationship – Genesis 3

Normal, appropriate. but God doesn’t intend for us to continue to live in a state.

Sand in the machinery. God does not motivates His people by guilt, but by joy.

He wants us to be free.

1 John 1:9, Lam. 3, Though as scarlet, 70 X 7 Don’t stay in the gutter.

Healthy guilt leads us to change and turn to God. Unhealthy guilt is destructive.

2 Cor. 7:10, James 4:8

Healthy shame reminds me that I have a corrupt nature – Peter. Flesh is weak.

Put on the new man. God clothed Adam and Eve. Holy mount – temple. Their fig leaves were not adequate. Skins required a blood sacrifice. A new identity. An new nature – God’s own nature, the Holy Spirit who lives in us.

FALSE GUILT AND FALSE SHAME

Guilt feelings and guilt are two different things.

The same with shame. What is false shame. Satan, the accuser.

Children believe their parents, their teachers. Their peers. People who put them down. The whole world system.

Does God intend for us to live in a state of despair over who we are. We are fearfully and wonderfully made, made in God’s image – of great worth and value. God even notices a sparrow that falls. Spared not His own Son.

Appearance

Intelligence

Physical strength – who can beat up the other guy – athletic ability

Wealth – economic status

Man looks on the outward appearance. God looks on the heart.

Half the people in this room are of below average intelligence.

Some of us are weaklings, physically speaking.

Some of us were born in Tanzania, some in the U.S.

Jeremiah 9:23

Know your worth in God’s eyes. Feel it. So that you aren’t vulnerable to being shamed by other people. So that their rejection doesn’t hurt so much that you let others control your behavior – afraid to incur their disapproval.

The opinion of others can be very, very wrong! Woman who washed Jesus feet

People wrong about Jesus too. He wasn’t “in” – didn’t fit their crowd. John 5

Childhood trauma –

Children of alcoholics

Victims of childhood abuse – sexual, physical, verbal

Same symptoms as war veterans with PTSD – flashbacks, panic attacks, shame

How to overcome shame. It’s the last thing a person with shame wants to do. You want to hide. You react in a way that results in isolation. Walk in the light. Talk with another person. We are here to bear one another’s burdens. Be vulnerable. The brain actually rewires itself. IF WE HIDE OUR REAL SELVES OR PART OF OURSELVES, others can’t know us. We don’t feel known.

God wants you to be fully you, the way HE created you. Embrace who you are – don’t be afraid. Believe it or not, you will bless the world by being courageous enough to be yourself. Therapist on NPR Thursday.

2 Cor. 12:9

Video – If your goal for your life was to be happy and healthy, what would you do? Just starting out, how would you invest your time and energy?

Survey of millennials – life goals: get rich 80%, 50% become famous – work hard

Harvard did an intensive lifetime scientific study on this question – what makes people happy and healthy. What do you think they found?

I will let Robert Waldinger the director of this study explain the results.

1 John 1:7 – walking in the light with God and man