

## Shame Undone

Scripture used: [Psalm 51\(NIV\)](#)

### OVERVIEW

Today our guest speaker is Pastor Tina Teng-Henson, a former pastor at NBCC, who shares a message about undoing the power of shame in our lives. Shame is something we often want to avoid facing. It comes with a pretext of judgment made by others. An honor/shame culture existed in Biblical times where the avoidance of shame was often more important than the preservation of life. However, God does not intend us to be bound by shame. We can face our shame and move towards restoration and redemption and ultimately renewed joy. We find an example of this in [Psalm 51](#).

### KEY POINTS

1. **Name the Shame- that dirty, icky, inwardly self-focused feeling BAD about yourself.** Guilt focuses on behavior “I did something bad”, and shame focuses on our character - “I am bad”. Guilt can drive positive change and behavior, but shame lodges in our hearts and causes us to be self-focused. It can cause a downward spiral drawing us further away from God and our relationships. [Psalm 51](#) was written by David following his affair with Bathsheba. She became pregnant, and in his fear and shame, David arranged to have Bathsheba's husband, Uriah, killed in battle. For certain, David experienced deep shame for what he had done. ([2 Samuel 11 \(NIV\)](#))
2. **Tame the shame - clarify the cause: sift through where there's SIN you can confess.** God sent the prophet Nathan to convict David of his sin. David was able to openly admit the sins he had committed against God. ([Samuel 12 \(NIV\)](#)) In order for us to confess sin, we have to sift through our shame to recognize where the sin lies. Not everything that causes us shame is sin. For example, a married couple might be ashamed about not being able to have children, but that is not a sin. We need to ask God to reveal to us what sin we need to confess.
3. **Claim God's HELP for your cleansing- GO to God with a CONTRITE heart.** David goes to God to confess and acknowledge his sin. [Leviticus 20:10 \(NIV\)](#) is clear that the payment for adultery is death - no sacrifice could cover this sin. Still, David is honest about what he had done. He comes before the Lord with a sincere, contrite heart openly seeking forgiveness. If we seek God's forgiveness with a contrite, humble heart, He will forgive us of our sins.
4. **Proclaim God's RESTORATION to begin again - Renewed, Restored, Redeemed. 2** [Corinthians 3:17 \(NIV\)](#) tells us that where the Spirit of the Lord is, there is freedom. Confessing our sin brings us renewal and freedom. David asks God to create in him a clean heart. He knew that at his core he needed a spiritual cleaning. Instead of internalizing the pain that shame causes, we can go to God to ask Him to clean us up. Another example of this type of redemption from sin is found in [Luke 22:54-62 \(NIV\)](#) and [John 21 \(NIV\)](#). During Jesus' trial, Peter denied knowing Jesus three times, but later when Peter meets the resurrected Jesus, He asks Peter three times if he loves Him - one time for each time Peter denied him. Peter is released from his shame. God provides us with the same opportunities to be released from our shame.
5. **On the other side of redemption is joy:** At the end of the Psalm, David celebrates in joy and worship. Finding God's grace and mercy in the midst of our shame should cause us to have great joy.

### DISCUSSION

- 1) **HEAR** - Ask God to reveal to you what stage you might be at with shame you are experiencing. Do you have shame that you need to name and sift through? Do you have shame caused by unconfessed sin? Are you ready for God to bring healing and restoration?
- 2) **UNDERSTAND** - Think about any shame God revealed to you during this study. Who can you share this shame with? Who might be your “Nathan” to help you confess and come to a place of healing? Or maybe someone needs you to be their “Nathan”. How can you do this in an effective way without bringing on more shame?
- 3) **DO** - How can you rejoice over God's redemptive plan through Jesus' death and resurrection to free us from our sins? How can you rejoice as an individual and as a community of Jesus' followers? Select one way and rejoice this week. *Open my lips, Lord, and my mouth will declare your praise. Psalm 51:15.*