

RISING ABOVE SHAME



In the beginning God
created the heavens
and the earth...

- Genesis 1:1



26 Then God said, “Let us make mankind in our image, in our likeness...





27 So God created
mankind in his own
image, in the image of
God he created them;
male and female he
created them.

- Genesis 1:26-27



It is not good for the
man to be alone.

- Genesis 2:18



Adam and his wife
were both naked,
and they felt
no shame.

- Genesis 2:25



3 Now the serpent was
more crafty than any of
the wild animals
the Lord God had made.



He said to the woman,
“Did God really say, ‘You
must not eat from any
tree in the garden’?”



2 The woman said to
the serpent, “We may
eat fruit from the trees
in the garden,



3 but God did say, "You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die."



4 “You will not certainly die,” the serpent said to the woman.



5 “For God knows that
when you eat from it
your eyes will be opened,
and you will be like
God, knowing good
and evil.”



6 When the woman saw
that the fruit of the tree
was good for food and
pleasing to the eye,
and also desirable for
gaining wisdom,



she took some and ate it.
She also gave some to
her husband, who was
with her, and he ate it.



7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.





You are not
good enough.



8 Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day,



and they hid from the
Lord God among the
trees of the garden.



9 But the Lord God called
to the man, "Where are
you?" 10 He answered, "I
heard you in the garden,
and I was afraid because
I was naked; so I hid."



11 And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”



12 The man said,
“The woman you put
here with me—she gave
me some fruit from the
tree, and I ate it.”



13 Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

- Genesis 3:1-13





guilt: a painful feeling of humiliation or distress caused by the act of doing something wrong



shame: a painful
feeling of humiliation
or distress rooted
in a belief about self



guilt is about what you have done
shame is about who you are



Shame is the most powerful, master emotion. It's the fear that we're not good enough.

- Dr. Brene Brown



shame instills fear



shame instills fear
shame blames



shame instills fear
shame blames
shame creates disconnection



Hear God's truth
about who we are.



You are made in
the image of God



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