

RISING ABOVE SHAME



4 Now he had to go
through Samaria.



5 So he came to a town
in Samaria called
Sychar, near the plot of
ground Jacob had given
to his son Joseph.



6 Jacob's well was there,
and Jesus, tired as he
was from the journey, sat
down by the well. It was
about noon.



7 When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?”



8 (His disciples had
gone into the town
to buy food.)



9 The Samaritan woman
said to him, “You are a
Jew and I am a
Samaritan woman.
How can you ask
me for a drink?”



(For Jews do not
associate with
Samaritans.)



10 Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink,



you would have asked
him and he would have
given you living water.”



11 “Sir,” the woman said,
“you have nothing to
draw with and the well is
deep. Where can you get
this living water?”



12 Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?”



13 Jesus answered,
“Everyone who drinks
this water will
be thirsty again,



14 but whoever drinks
the water I give them will
never thirst.



Indeed, the water
I give them will become
in them a spring
of water welling up
to eternal life.”



15 The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”



16 He told her,
“Go, call your husband
and come back.”
17 “I have no husband,”
she replied.



Jesus said to her, “You are right when you say you have no husband.



18 The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.”



19 “Sir,” the woman said,
“I can see that you
are a prophet.



20 Our ancestors
worshiped on this
mountain, but you Jews
claim that the place
where we must worship
is in Jerusalem.”



21 “Woman,” Jesus
replied, “believe me, a
time is coming when you
will worship the Father
neither on this mountain
nor in Jerusalem.



22 You Samaritans
worship what you do not
know; we worship what
we do know, for salvation
is from the Jews.



23 Yet a time is coming
and has now come when
the true worshipers will
worship the Father in the
Spirit and in truth,



for they are the kind of
worshippers the Father
seeks. 24 God is spirit,
and his worshipers must
worship in the Spirit
and in truth.”



25 The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”



26 Then Jesus
declared, “I, the one
speaking to you—
I am he.”



27 Just then his disciples
returned and were
surprised to find him
talking with a woman.



But no one asked,
“What do you want?”
or “Why are you
talking with her?”

- John 4:4-27





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
who we *are*



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



Guilt



Guilt → Repentance



Guilt → Repentance → Restoration



I am not
good enough.



shame instills fear
shame blames
shame creates disconnection



creating shame resilience



I am not
good enough.



**vulnerability: emotional risk,
exposure, uncertainty**



**courage: to speak one's mind
by telling one's heart**





Empathy is the
strongest antidote
for shame.

- Brene Brown



empathy:
courage
compassion
connection



shame:

fear

blame

disconnection

empathy:

courage

compassion

connection



5 In your relationships
with one another, have
the same mindset as
Christ Jesus:



6 Who, being in very nature God, did not consider equality with God something to be used to his own advantage;



7 rather, he made himself
nothing by taking the very
nature of a servant, being
made in human likeness.



8 And being found in
appearance as a man,
he humbled himself by
becoming obedient to
death—even death
on a cross!

- Philippians 2:5-8



a vulnerable God



a vulnerable God
an empathic Saviour



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