



Paul Phillips: 910-470-0870

### **Fighting The Shadow of Shame**

**The Lie:** I need to do everything possible to prevent people from seeing my failures and weaknesses.

**The Truth:** God delights in you, even though you aren't perfect.

#### **Three Stories Dealing With Shame**

1. Genesis 3: Adam and Eve
2. II Samuel 11: King David's Disaster—David & Bathsheba
3. John 4: Jesus and the Woman at the Well

#### **The Pattern:**

- **Isolation:** The enemy uses your isolation to weave lies into the story you tell yourself about: Yourself, Others, & God
- **Disintegration:** with your Body - Others & God.
- **God is coming for you:** For Restoration not Condemnation

#### **5 Signals of Shame**

1. Blame Shifting
2. Questions rolling through your mind
3. Believing the lie that if God really knows you and is coming for you...then he is coming for condemnation rather than restoration.
4. You are quick to condemn others
5. Fear of speaking the truth about yourself out loud.



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## Questions

1. 5 Signals of Shame: Pick one and how it operates in your life.
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2. The Pattern: How have you seen the Pattern at work in your life?
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