

SHAME SLAYER

FEBRUARY 2022

THIS MONTH, WE'LL COME OUT OF HIDING BEHIND FEAR AND SHAME AND TAKE HOLD OF THE ABUNDANT LIFE GOD HAS GIVEN US.

KEY POINTS:

We fight against the shame that creeps in when our bodies don't match the world's ideal, or when our lives are more complicated than a square photo can capture. Instead of kneel to shame, we will kneel to the King of kings; God's way is the path to true justice, righteousness, and abundant life.

We are shame slayers! With the sword of the Spirit, we expose the lies that cause us shame and live in the freedom won by Christ.

I am a child of God. My identity is anchored in this truth and I live, love, and lead from this reality.

As Instructors, we help others slay the shame that binds them. We help them get free, stay free, and set others free.

We do not run after the world's ideals or strive to please others. Our identity is firmly rooted in the righteousness of Jesus.

We are not ashamed of our faith and the truth of the Gospel.

SCRIPTURE:

""Therefore a man shall leave his

father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed." Genesis 1: 24-25

"Instead of your shame there shall be a double portion; instead of dishonor they shall rejoice in their lot; therefore in their land they shall possess a double portion; they shall have everlasting joy." Isaiah 61:7

"To you, O Lord, I lift up my soul. O my God, in you I trust; let me not be put to shame; let not my enemies exult over me." Psalm 25:1-2

"and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly." Romans 5:4-6

"But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being

might boast in the presence of God." 1 Corinthians 1:27-29

QUOTES:

"To this God, whom we meet in Jesus, we must direct our attention if we are to know the healing of our shame. We must literally look to Jesus in embodied ways in order to know how being loved in community brings shame to its knees and lifts us up and into acts of goodness and beauty." [2] Curt Thompson, *The Soul of Shame: Retelling the Stories We Believe About Ourselves*

"Jesus invites us into His presence without shame, without our past baggage, without the need to cover ourselves or to be someone we're not, without the enemy's constant taunts in our ear telling us we're not enough, and without the self-deprecating slurs we constantly hurl at ourselves." - Susie Larson, "How shame can be quietly destroying your life (and how to destroy it)"

"At the cross, Jesus took upon Himself every shameful and embarrassing thing we've ever done. He took our evil upon Himself. Every moment of jealousy. Every resentment. Every

moment of rage and hatred. Every lie. Every stolen convenience store candy bar. Every little white lie." - John S. Dickerson, "When God seems distant, and shame seems close"

"Shame is a bully, grace is a shield." - Ann Voskamp

SONG SUGGESTIONS:

Fight Song by Rachel Platten

Look Up Child by Lauren Daigle

Fight For Me by GAWVI and Lecrae

Bulletproof by Citizen Way

Even At My Worst by Blanca

God Knows (Must Be Love) by Andrew Ripp

Step into the Light by Passion

RESOURCES:

[Forgiveness Training](#)

[21 Declarations: Your Identity in Christ](#)

RevWell TV:

[Tori's Kickboxing HIIT "Spiritual Identity"](#)

[Savannah's RevX Athletic Conditioning "Delighted, Not Defeated"](#)

[Shannon's "Creating a Vision/ Mission Statement for Your Life"](#)

Rev Blog Posts:

[Confessing to Jesus is better than my sin management by Wes Scheu](#)

[Cleaning the junk drawer of your heart by Tiffany Phillips](#)

Podcasts:

[#439 Men and Body Shame](#)

[#285 Identity and the Body Language of Love](#)

RevWell Book- a-Week Challenge:

[The Soul of Shame: Retelling the stories we believe about ourselves by Curt Thompson](#)

