

**Autumn**

@

**burlington**

BAPTIST CHURCH

Connecting



Connecting with God



# Connecting with God

What are you ashamed of .....

Family Education  
Pornography Relationships Children  
Body  
Job Unemployment

# Connecting with God

We all have shame.....

Brené Brown : The 1-2-3 of Shame :

1. We all have shame – it's universal
2. We're all afraid to talk about shame
3. The less you talk about it the more you have it !

# Connecting with God

Are you enough.....

NEVER .....ENOUGH



# Connecting with God

Shame = fear of disconnection

Is there something about me that if others knew it or saw it I wouldn't be worthy of connection. I wouldn't belong ?

# Connecting with God

Shame = fear of disconnection

You see the tragedy is that the very shame that keeps us from revealing ourselves to others and to God also robs us of the connection and belonging that we so desperately long for and need. Because connection needs vulnerability and shame prevents us from being vulnerable.

# Connecting with God

Shame = fear of disconnection

Genesis 2:25

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



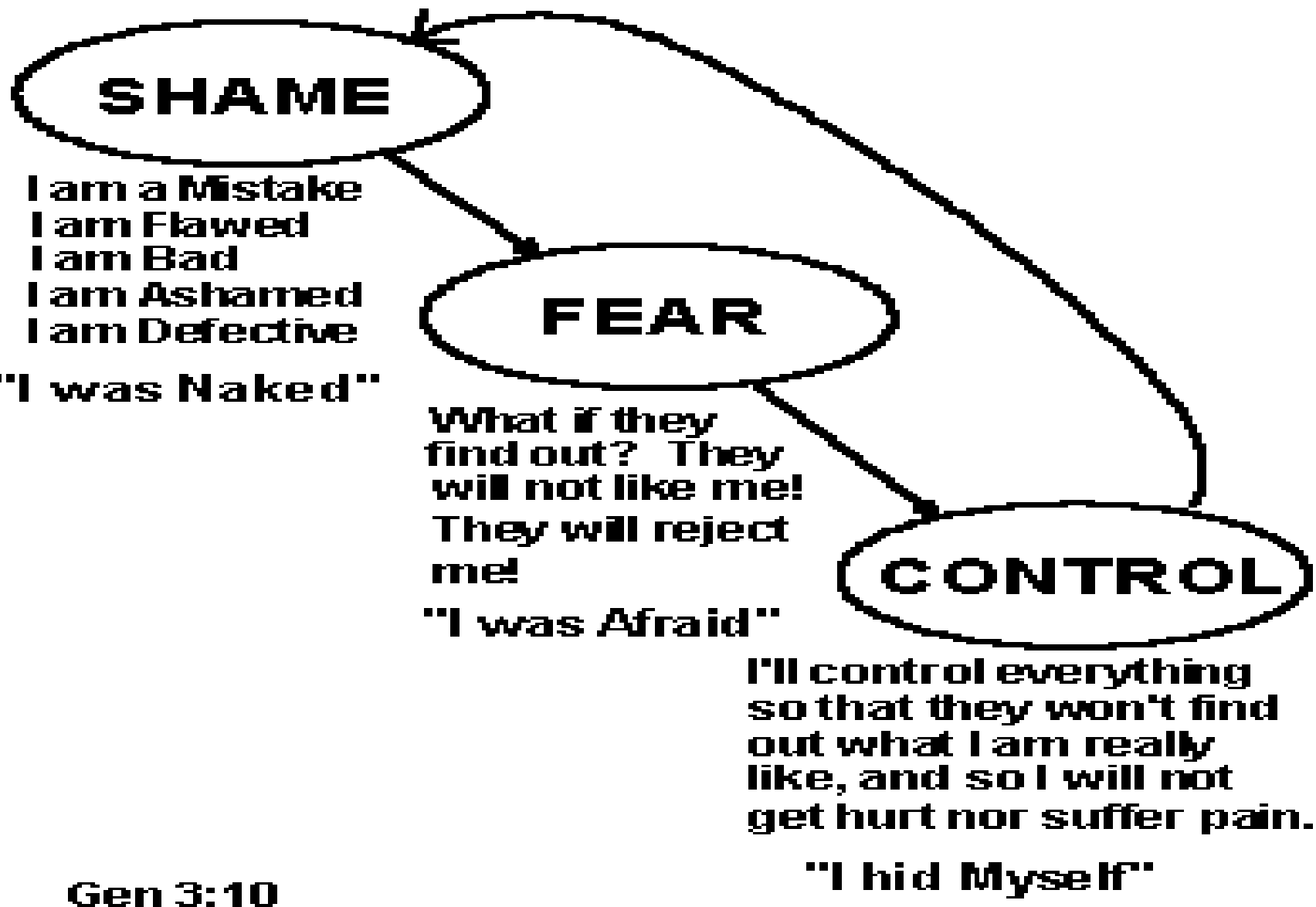
# Connecting with God

Genesis 3:8-10

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. <sup>9</sup> But the LORD God called to the man, “Where are you?”

<sup>10</sup> He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

# Basic Lies that Enable the SFC Stronghold



# Connecting with God

Brené Brown - what she found in her research

- Shame loses all its power when it is named and spoken out.
- In order for shame to be broken it requires us to make ourselves vulnerable
- Vulnerability is not weakness, it is courage and daring greatly
- “That vulnerability is the birthplace of love, belonging, joy, courage, empathy, hope, accountability and authenticity”
- That we are drawn to other peoples vulnerability but repelled by our own.



# Connecting with God

Hebrews 12:1-3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup> Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

# Connecting with God

Jesus says to shame :

“Listen to me, Shame, do you see that joy in front of me ? Compared to that, you are less than nothing. You are not worth comparing to that ! I despise you. You think you have power. Compared to the joy before me, you have none. Joy. Joy. Joy. That is my power ! Not you, Shame. You are worthless. You are powerless. You think you can distract me. I won't even look at you. I have a joy set before me. Why would I look at you ? You are ugly and despicable. And you are almost finished.

# Connecting with God

You cover me now as with a shroud. Before you can say, “So there” ! I will throw you off like a filthy rag. I will put on my royal robe. You think you are great, because even last night you made my disciples run away. You are a fool, shame. You are a despicable fool. That abandonment, that loneliness, this cross – these are tools of yours – they are all my sacred suffering, and will save my disciples not destroy them. You are a fool. Your filthy hands fulfil holy prophecy.

Farewell Shame. It is finished !

John Piper



# Connecting with God

Jesus invitation to us :

Will you let me take your shame ?

# Connecting with God

Will you say yes ?

Psalm 34:5

Those who look to him are radiant;  
their faces are never covered with shame.

**burlington**  
BAPTIST CHURCH

# Connecting with God

Will you say yes ?

Isaiah 61:7

Instead of your shame you will receive a double portion,  
and instead of disgrace you will rejoice in your inheritance.  
And so you will inherit a double portion in your land,  
and everlasting joy will be yours.



# Connecting with God

Will you say yes ?

Four steps to freedom

1. Confession
2. Forgiveness
3. Thanksgiving for the cross
4. Rejection of words of shame
5. Walk out with the help of the Holy Spirit