

Shame on Jesus

30th October - Appease

Key Scriptures: 1 Samuel 1: 1-19, Psalm 139:13-14



Summary:

Shame can come to us from messages we received growing up, for example being excluded from a friendship group, critical teachers or failing to reach goals set for us. Such messages can form in us negative core beliefs. Cognitive Behavioural Therapy (CBT) divides these into three categories: worthlessness, unlovability or competency. That is, we believe that: I **am** worthless, I **am** unlovable, or I **am** not up to it, not good enough.

Shame can also be put on us by our cultural context; how we do not fit a mould or ideal. For us this maybe body shame, lack of success, stigma attached to mental health or disabilities.

We can have different reactions to shame. The one we are looking at this week is unattractively called, 'grovel and appease'! Here the person chooses to own the shame 100%. This gives us a sense of control, but the negative side is living with a great sense of shame. We may be very self-critical with a lot of shaming self-talk. We may big others up and put ourselves down. In extreme cases leading to over compliance, acceptance of bad behaviour in others, even bullying or abuse.

The story we looked at was that of Hannah, Samuel's mother. Hannah's complete misery, that she was childless, seemed to be more than the natural pain and longing for a child. She seemed to absorb all the cultural shame of this and refuse any comfort, even to offering the sacrifice of giving up her child. Had God really asked that of her?

The antidote to shame is offered to us by God. We looked at the most perfect image of God we have – Jesus. He constantly crossed the barriers of shame and met people where they were. God sees through the layers of the false self through to our 'original glory' the true self he created.

You can listen or watch again to this sermon [here](#).

Questions for Reflection or Discussion:

(this could be something that you journal about or talk about with some friends, or in a small group).

1. Do you notice times your negative self-talk is intense? Do you think shame is being triggered?
2. What cultural shame do you struggle with?
3. Sit with the scriptures from Genesis 1: 27 and 31 and Psalm 139: 13-14

Think about God saying, 'It is very good', when he sees you.

What does that mean for you? What is it like to hear God say 'very good' when he sees you? Does that change how you might view yourself?

Put it into Practice:

Some people use icons to pray with. Icons are painted to look like Jesus is looking at you. You can use an icon to imagine you are receiving the gaze of Jesus. Try sitting with this icon and the Julian contemplation. Sit and be still and allow God to love you.

Be still and know that I am God

Be silent.

Be still.

Wait before your God.

Say nothing.

Ask nothing.

Be still.

Let your God look upon you

That is all.

God knows.

God understands

God loves you with an enormous love.

God only wants to look upon you with love.

Quiet.

Still.

Be.

Let your God love you.

A Julian contemplation.

Edwina Gateley

Previous Sermons in Series:

(this includes the video, audio, and previous sermon notes / summary document)

1. [Origins of Shame](#)
2. [Run and Hide](#)

