

**GRACE WINS!**  
**Over Guilt and Shame**

**1 John 1:8-9**

**Shame is the painful emotion caused by a consciousness of guilt or shortcoming or impropriety.**

Guilt – Cheating on your tax returns

Shortcoming- Coming in last at a Competition

Forgetting the words during a solo in church

Impropriety- Missing the dress code memo

**Biblical Forms of Shame**

**Misplaced Shame: being ashamed of something that brings glory and honor to God but dishonors or embarrasses the self.**

**2 Tim. 1:8**

**Mark 8:38**

**1 Peter 4:16**

**Much of our shame is not God-centered but rather self-centered.**

**Rom. 1:16**

**2 Cor. 12:9-10**

**The biblical criterion says, Don't feel shame for something that honors God, no matter how weak or foolish it makes you look in the eyes of others.**

**Well-placed Shame: being ashamed because of our involvement in something that is dishonoring to God.**

**1 Cor. 15:34**

**1 Cor. 6:5**

**Rom. 6:20-21**

**2 Thes. 3:14**

**The biblical criterion says, Do feel shame for having a hand in anything that dishonors God, no matter how strong or wise or right it makes you look in the eyes of others.**

### **Grace Wins Over Guilt and Shame**

**The pain of well-placed guilt and shame ought to be there, but it ought not stay there.**

**Luke 7:44-50**

#### **Three promises of Grace**

- 1. Forgiveness of the past**
- 2. Salvation in the present**
- 3. Peace for the future**

**1 John 1:9**

**Acts 10:43**

**When we live by faith, we are ready to accept God's grace promises and are freed from the lingering, paralyzing effects of guilt and shame.**

**The struggle of misplaced guilt and shame is overcome by God's grace and our willingness to believe.**

**1 Tim. 1:12**

**Deceptive Shame: When guilt and shame are imposed on you by the evil one.**

**Luke 7:34**

**Acts 26:24**

**For all the evil and ridicule and criticism that others may use to make us feel shame, and for the distress and emotional pain that it brings, nevertheless the promises of God stand sure: they will not succeed in the end.**

**Isa. 45:17**

**Rom. 10:11**