



## Stepping Out of Shame and Into Love

- Jesus took our shame, and He transforms our shame.
- We all know what it is to experience shame.

Side effects of shame:

- \* Hopeless perfectionism
- \* Harsh criticism (of self and others)
- \* Helpless feelings

Luke 8:40-43 (NIV)

Now when Jesus returned, a crowd welcomed him, for they were all expecting him. <sup>41</sup> Then a man named Jairus, a synagogue leader, came and fell at Jesus' feet, pleading with him to come to his house <sup>42</sup> because his only daughter, a girl of about twelve, was dying. As Jesus was on his way, the crowds almost crushed him. <sup>43</sup> And a woman was there who had been subject to bleeding for twelve years, but no one could heal her.

- Shame makes us want to hide.

Luke 8:44 (NIV)

She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped.

- Jesus healed her and took away her shame.

Luke 8:45-48 (NIV)

"Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." <sup>46</sup> But Jesus said, "Someone touched me; I know that power has gone out from me." <sup>47</sup> Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. <sup>48</sup> Then he said to her, "Daughter, your faith has healed you. Go in peace."

- Jesus meets us in the midst of our shame and calls us beloved.

Luke 8:49-56 (NIV)

While Jesus was still speaking, someone came from the house of Jairus, the synagogue leader. "Your daughter is dead," he said. "Don't bother the teacher anymore." <sup>50</sup> Hearing this, Jesus said to Jairus, "Don't be afraid; just believe, and she will be healed." <sup>51</sup> When he arrived at the house of Jairus, he did not let anyone go in with him except Peter, John and James, and the child's father and mother. <sup>52</sup> Meanwhile, all the people were wailing and mourning for her. "Stop wailing," Jesus said. "She is not dead but asleep." <sup>53</sup> They laughed at him, knowing that she was dead. <sup>54</sup> But he took her by the hand and said, "My child, get up!" <sup>55</sup> Her spirit returned, and at once she stood up. Then Jesus told them to give her something to eat. <sup>56</sup> Her parents were astonished, but he ordered them not to tell anyone what had happened.

- Jesus touches our shame.
- We need the touch of Jesus.

Colossians 2:13-15 (ESV)

And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses,<sup>14</sup> by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. <sup>15</sup> He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.