

interrupting shame



how do we break free of shame?



what is shame?
and where did it come from?



1. shame is the result of sin



2. shame exposes us
and humiliates us



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false shame v real shame



impact of shame:
ourselves, others, & God



shame is only redemptive if we
respond the right way



how do we break free of shame?



Jesus was shamed on our behalf



Jesus took all the embarrassment on
the cross when he was ultimately
embarrassed



Jesus covers our shame



what does that look like?



1. admit your shame out loud



2. those who refuse to
acknowledge their shame
have no hope



3. love covers the shame of others



benefits



interrupting shame

