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THE
SOUL
OF
SHAME



RETELLING THE STORIES WE BELIEVE ABOUT OURSELVES

The painful feeling that we are fundamentally unworthy of love and connection.

Shame is the primary emotional weapon that evil uses against us.

Curt Thompson is a Christian psychiatrist who integrates neuroscience, attachment theory, and spiritual formation to explain shame and its healing.

and whoever believes in him will not be put to shame

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people;

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

1 Peter 2:6,9-10,5:10



Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired men. So he got up and went to his father.



But while he was still a long way off...

~ 13

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.



[The shameful son, being embraced and tenderly kissed by his father, remembers his speech.] *Father, I have sinned against heaven and against you. I am no longer worthy to be called your son;* [Father interrupts by shouting for a robe, a ring and some ribs.]

Christ, Will Himself Restore

Experience and Believe in Christ's love — not just know about it.

Believe that the Father is watching and waiting to set you free from shame.

Name the source of shame in your life then ask God to speak the truth to you.

Confess to God and, as the Spirit leads, share with trustworthy others — the root of shame in your life.