



Three Unhealthy Responses To Shame

1. We can move **against shame** by trying to gain control over or show aggression to the source of our shame.
 - a. An example response would be yelling at the ground or blaming our shoes.
2. We can move **away from shame** by withdrawing from our shame or keeping secrets and staying silent in hopes that no one notices our shame.
 - a. An example response would be getting up quickly and hoping no one noticed.
3. We can move **towards** shame by seeking approval and belonging from the source of our shame, changing ourselves, or “selling out” until we belong with our shame.
 - a. An example would be shouting, “Wow, I’m such a clutz!” Tripping over nothing has now been *incorporated* into your identity.

Scriptures on Guilt, Shame, Ashamed

James 2:10 - For whoever keeps the whole law and yet stumbles at just one point is **guilty** of breaking all of it.

Leviticus 5:17 - If anyone sins and does what is forbidden in any of the LORD’s commands, even though they do not know it, they are **guilty** and will be held responsible.

Psalms 34:4-5 - I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be **ashamed**.

Luke 9:26 - For whoever is **ashamed** of me and of my words, of him will the Son of Man be ashamed when he comes in his glory and the glory of the Father and of the holy angels.

Romans 1:16 - For I am not **ashamed** of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

Romans 9:33 - as it is written, “Behold, I am laying in Zion a stone of stumbling, and a rock of offense; and whoever believes in him will not **be put to shame**.”

1 Corinthians 6:5 - I say this to your **shame**. Can it be that there is no one among you wise enough to settle a dispute between the brothers,



1 Corinthians 15:34 - Wake up from your drunken stupor, as is right, and do not go on sinning. For some have no knowledge of God. I say this to your **shame**.

2 Thessalonians 3:14 - If anyone does not obey what we say in this letter, take note of that person, and have nothing to do with him, that he may be **ashamed**.

2 Timothy 1:8 - Therefore do not be **ashamed** of the testimony about our Lord, nor of me, his prisoner, but share in suffering for the gospel by the power of God,

Hebrews 12:2 - looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the **shame**, and is seated at the right hand of the throne of God.