



# Renouncing All Shame, **In Christ**

Review chapter 4 in the *Help! I Want to Hide* mini-book. Consider carefully the examples provided of how Parker, Jordyn, and Kaylee renounced their shame through a humble attitude, biblical thinking, and biblical actions. Use this same pattern to work through one of your own areas of temptation. Consider printing additional sheets to work through other areas of temptation you face.

## My Temptation

Identify the most significant temptation to live in shame (*provoked-shame* or *sin-shame*) that you are currently facing: \_\_\_\_\_

In Christ, Renouncing Our Shame	
Use the space below to identify your shame-driven thoughts and behaviors. Be specific. Next, prayerfully consider how God wants you to respond in light of your relationship with Christ. What clear action steps do you need to take to “renounce shame” by responding biblically in your attitude, thinking, and actions? ( <i>Refer to the summary on the following page for more help.</i> )	
Shame-Driven Thoughts and Behaviors	Renouncing Shame
	<p><b><i>Humble Attitude</i></b> In what ways does my attitude need to change to better reflect the attitude and mind of Christ?</p>
	<p><b><i>Christlike Thinking</i></b> What wrong thinking (about God, about myself, or my circumstances) needs correction? What truth do I need to begin believing?</p>
	<p><b><i>Christlike Actions</i></b> What Christlike action do I need to take in order to honor God and dependently obey what He has shown me in His Word?</p>

## Sin-Shame vs. Provoked-Shame<sup>1</sup> (and how Christ rescues us from both)

### Provoked-Shame

*Result of guilt and shame from other's actions against me.*

- Silenced by embracing your identity in Christ and God's purposes for your suffering. He is not ashamed to identify with His children (Hebrews 2:11).
- **Christ's Action:** He gave us an example in the way He suffered. He *endured the cross, despising the shame* (Hebrews 12:2; see also Psalm 22:6-7; Isaiah 53:3). He did not despise the people who despised Him. Rather, He despised the shame they tried to inflict on Him. He embraced God's purposes for His suffering. He submitted to God's will with joy.
- **My Christlike Action in Response:** *Humble* focus on God, not self. Faith in God's character and promises. Embrace God's purposes for you in your suffering (as Christ did). Deny your personal demand for human acceptance and freedom from pain.
- Remember that you cannot accept responsibility for other's sins.

### Sin-Shame

*Result of real guilt and shame because of my personal sin.*

- Removed through real forgiveness received from God.
- Silenced by Christ's substitutionary sacrifice paying for and removing our guilt, and His righteousness given to us when we put our faith in Him (John 3:16-17; Romans 8:1; 10:9-11; 2 Corinthians 5:21). Whoever believes in Him *will not be put to shame* (Romans 9:33; Psalm 25:1-2).
- **Christ's Action:** Christ removes our condemnation by taking it upon Himself. Jesus Christ addresses our real guilt and shame that results from our personal sin. He took our guilt and shame and gave us His righteousness in exchange. Through His grace we are saved, cleansed, and made new.
- **My Christlike Action in Response:** *Humility*. Humility is displayed through *repentance* (Proverbs 28:13; 1 John 1:9) and *faith* in God's character and promises. *Repent and believe the gospel. Trust what God says in His Word.*
- Shame continues because sin continues.
- Trust Scripture, not your feelings.
- Put on obedience out of a heart of love and gratitude towards God.
- Remember that you can contribute to your shame: by personal choices of disobedience, by not repenting, by believing lies about God and yourself.

### Humility ≠ Shame

Humility is based on God's grace and glory. Shame denies God's grace and perpetuates a focus on self. Focusing on personal failures and sins done against you fuels more hopelessness and shame.

<sup>1</sup> The concepts on this page are taken from *Help! I Want to Hide* by Sue Nicewander Delaney, (Shepherd Press, 2024). For further help, refer to the *Shame vs. Humility* personal growth study at <https://lifelineforteens.com/book/help-i-want-to-hide/>.