



Shame vs. Humility

Shame ≠ Humility

Shame and humility are not the same thing. In fact, Scripture teaches us that they are actually quite different. Biblical humility is focused on God's grace and glory. Shame denies God's grace and focuses on self, self-pity, and misery. A focus on personal failures and/or sins done against you serves only to fuel more hopelessness and more shame.

Use the chart on the following page to help you pay attention to the thoughts and beliefs that stem from your feelings of shame. By honestly evaluating your thoughts, you can learn to recognize and put off lies, and chose to believe and live by truth instead.

How to do this study:

- Read through the chart on the following page.
- Evaluate your focus.
 - Put a star by any of the statements which describe the way you feel, think, or see yourself.
 - As you look through the statements you highlighted, what does it tell you about yourself? Overall, is your attitude defined by *shame* or *humility*?
- Consider what steps the Lord wants you to take so your life better reflects His humble attitude and focus instead of shame.
 - Which shame-driven topic(s) do you think are doing the most damage in your relationship with God?
 - Which shame-driven topic(s) do you think are doing the most damage in your relationship with others?
 - Choose one of your highlighted topics and use the *Renouncing all Shame in Christ* personal growth study¹ to create a specific action plan for growing in Christlike humility in this area.

¹ Located at <https://lifelineforteens.com/book/help-i-want-to-hide/>.

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| <i>Topic</i> | <i>Shame</i> | <i>Humility</i> |
|--|--|--|
| My view of God | God is far away. He is angry with me and punishing me. | My suffering hurts, but I know God is good, wise, powerful, and loving. |
| My view of meaning in life and my purpose | I focus on what I want that I can't have, my flaws and failures, and the things that are unfair. I wallow in hopelessness or work hard to seek meaning in how I perform. | I will focus on what Scripture says, do what is right, and trust in God's good purposes. |
| Where I go for truth | I listen to what my emotions are telling me. Everything is against me. I can't do this. | God's Word says He is for me. I can do all things through Christ. |
| What I allow to motivate me | Motivated by fear, anger, and doubt. | Motivated by Christ's example. |
| What I believe about God during suffering | I don't think God is good because He allows suffering. | God cares for me during suffering. I can trust Him. |
| How I respond to hardship | There is no hope for me. I have to get away from this, and I feel angry because I'm trapped here. | Even hard things like this are showing me I can trust in God. Through hardship I am learning more about Christ. He gives me joy and good in the process. |
| My attitude | I get caught up in my own head with negative thoughts and overwhelming emotions. | I can choose to give thanks in good times and hard times. |
| My view of freedom | I'm stuck. | I'm free in Christ. |
| How I see myself | I feel worthless but I crave self-worth. | My worth is found in Christ, who gave Himself for me. |
| My focus (the thoughts on which my mind dwells) | My mind dwells in fear and I'm angry about things that are unfair. | My mind dwells on Christ and the hope that's found in His gospel of grace. |
| What I desire | I'm all about me. | I want to know God and live for His glory. |
| What I fear | I'm terrified of what people think and do that hurts me. | I fear (respect) God and am amazed by Him. Earthly fear dissolves when I trust God. |
| How I view God's love for me | God's love must be out of reach. God's love is based on what I am like, what I do, and how I suffer. | God's love is freely given to me, based on Christ's sacrifice and what God is like. |