

CHOOSE FREEDOM SUPPORT GROUP  
WEEK 10 SUPPLEMENT

**No More Shame**

Genesis 2:25

Both the man and his wife were naked yet felt no shame.

*There was NO shame. They were complete and confident in Father with no fear of rejection of God or of each other.*

Genesis 3:7

And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

*This was backwards from Jesus. With Him our eyes are open to the Spirit of God versus going into darkness when they stepped outside of God. They knew something was wrong.*

*The day they ate of the fruit, they stepped outside of Father, and they died. He was their life. The devil wanted to shame us and take away our identity, take away everything God had for us and have it for himself.*

Genesis 3:9-10

9 So the LORD God called out to the man and said to him, "Where are you?" 10 And he said, "I heard You in the garden and I was afraid because I was naked, so I hid.

*What changed? Separation of Adam and Eve from God. Gen 2:25 says they were naked and felt no shame. The problem was shame. They no longer sensed God. They lost their identity. They no longer knew who they were. Being apart from God is shame because we don't KNOW His acceptance, His love. We feel bad, lonely. We lack love and confidence. We feel failure. If we don't know who we are in Christ, we can feel shame.*

HE BORE OUR SHAME (so we don't have to)

*If we are not abiding, we can feel shame. Our new creation, the one God created us to be, abides fully in Him and does not experience shame. We must put on the new to put off shame.*

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.

*Strong's (G0152) Shame, disgrace, the confusion of one who is ashamed of anything, sense of shame, ignominy disgrace, dishonor, and the thing to be ashamed of...*

*Despising: to reject with disdain; to despise; to scorn. Jesus despised what He witnessed us going through. We were returned to a place of NO shame. Perfect love casts out fear.*

Psalms 22:4-8

In you our fathers trusted; they trusted, and you delivered them. 5 To you they cried and were rescued; in you they trusted and were not put to shame. 6 But I am a worm and not a man, scorned by mankind and despised by the people. 7 All who see me mock me; they make mouths at me; they wag their heads; 8 "He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!"

**Rescued:** NOT put to shame. Kept/loved/blessed/protected. Worm (Hebrew) is a rare type > crushed for crimson red/purple to dye royal robes. He was crushed for us.

Matthew 27:42-43

"He saved others; he cannot save himself. He is the King of Israel; let him come down now from the cross, and we will believe in him. 43 He trusts in God; let God deliver him now, if he desires him..."

*Not just the feeling but He bore not being saved and delivered... He bore ALL that would cause you shame. The devil lies! You are NOT ashamed. You are accepted. You are loved.*

Psalms 69:19-21

You know my reproach, and my shame and my dishonor; my foes are all known to you. 20 Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. 21 They gave me poison for food, and for my thirst they gave me sour wine to drink.

*Jesus despaired. He bore our broken heart from shame and separation from the Father. Remember Ezekiel 36:26? He gives us a new heart and a new spirit. A shame-free heart in Christ.*

*3 experiences of shame:*

1. *before God*
2. *before others*
3. *in our own heart*

*The enemy wants to use your past to destroy your future. The past is NOT yours > it's Christ's. He bore it for you. He paid the price there.*

Isaiah 54:4-8

4 "Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth, and the reproach of your widowhood you will remember no more. 5 For your Maker is your husband, the LORD of hosts is his name; and the Holy One of Israel is your Redeemer, the God of the whole earth he is called. 6 For the LORD has called you like a wife deserted and grieved in spirit, like a wife of youth when she is cast off, says your God. 7 For a brief moment I deserted you, but with great compassion I will gather you. 8 In overflowing anger for a

moment I hid my face from you, but with everlasting love I will have compassion on you," says the LORD, your Redeemer.

*No shame. No confusion about who you are. Forget the shame of the old nature. You will remember it no more.*

Isaiah 54:10-14

10 For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you. 11 "O afflicted one, storm-tossed and not comforted, behold, I will set your stones in antimony, and lay your foundations with sapphires. 12 I will make your pinnacles of agate, your gates of carbuncles, and all your wall of precious stones. 13 All your children shall be taught by the LORD, and great shall be the peace of your children. 14 In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. (Psalm 91)

*No more confusion about who I am. Romans 5:5 His love gushes out into our hearts. 1 John: He gives us His love.*

Isaiah 61:6-9

...but you shall be called the priests of the LORD; they shall speak of you as the ministers of our God; you shall eat the wealth of the nations, and in their glory you shall boast. 7 Instead of your shame there shall be a double portion; instead of dishonor they shall rejoice in their lot; therefore in their land they shall possess a double portion; they shall have everlasting joy. 8 For I the LORD love justice; I hate robbery and wrong; (the devil stole) I will faithfully give them their recompense, and I will make an everlasting covenant with them. 9 Their offspring shall be known among the nations, and their descendants in the midst of the peoples; all who see them shall acknowledge them, that they are an offspring the LORD has blessed

Zephaniah 3:15, 18-20

The LORD has taken away the judgments against you; he has cleared away your enemies. The King of Israel, the LORD, is in your midst; you shall never again fear evil... 18 I will gather those of you who mourn for the festival, so that you will no longer suffer reproach. 19 Behold, at that time I will deal with all your oppressors. And I will save the lame and gather the outcast, and I will change their shame into praise and renown in all the earth. 20 At that time I will bring you in, at the time when I gather you together; for I will make you renowned and praised among all the peoples of the earth, when I restore your fortunes before your eyes," says the LORD.

*No more reproach (shame). Changed shame into praise and renown in all the earth.*

Romans 9:33-10:1-4

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 Brothers, my heart's desire and prayer to God for them is that they may be saved. 2 For I bear them witness that they have a zeal for God, but not according to knowledge. 3 For, being ignorant of the

righteousness of God, and seeking to establish their own, they did not submit to God's righteousness. 4 For Christ is the end of the law for righteousness to everyone who believes.

This was quoted from Joel 2:23-27

23 "Be glad, O children of Zion, and rejoice in the LORD your God, for he has given the early rain for your vindication; he has poured down for you abundant rain, the early and the latter rain, as before. 24 "The threshing floors shall be full of grain; the vats shall overflow with wine and oil. 25 I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. 26 "You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you. And my people shall never again be put to shame. 27 You shall know that I am in the midst of Israel, and that I am the LORD your God and there is none else. And my people shall never again be put to shame.

Romans 10:10-13

10 For with the heart one believes and is justified, and with the mouth one confesses and is saved. 11 For the Scripture says, "Everyone who believes in him will not be put to shame." 12 For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. 13 For "everyone who calls on the name of the Lord will be saved."

This was quoted from Joel 2:32

2 And it shall come to pass that everyone who calls on the name of the LORD shall be saved.

Joel 3:1

"For behold, in those days and at that time, when I restore the fortunes of Judah and Jerusalem,

*Back to Adam and Eve*

Genesis 3:9-10

But the LORD God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."

John 19:23

3 When the soldiers crucified Jesus, they took His clothes and divided them into four parts, a part for each soldier . . .

*Jesus hung naked to take our shame. The problem wasn't nakedness, it was shame!*

## **Transformation**

Shake the dust off (the old nature) and walk in Father's love. We must put off the old and put on the new.

Continue in the process of transformation:

- Take off the old self
- Be renewed in your mind
- Put on your New Creation made in the image of God from the beginning. This is who you were always meant to be.

Continue to speak the word to renew your mind. Do NOT give the devil (OR your old nature) a foothold. Ask His Holy Spirit in you to show you and remind you with His word.

**Always remember**, God gives us the desire AND the ability to do this. He does the work as we rest in Him. You CAN run and rest! Remember Philippians 2:13!

**This is the truth to speak and trust in to renew your mind and transform you into His image; one that abides fully in His divine nature, freed from shame.**

**Jesus set me free from shame and restored my identity in Him. I am no longer confused about who I am because I am no longer separated from Father and His perfect love.**

### **New Creation Prayer**

*Thank You, Father that I abide in Your everlasting joy INSTEAD of shame. You reversed EVERYTHING the devil did and restored EVERYTHING he stole from me with a double portion.*

*Your perfect justice was restored in Christ Jesus and the nations will know I am Your child because of Your blessings upon me. You have taken away ALL judgements against me and removed ALL of my enemies. You are in me, and I am in You, and I will never again fear evil OR experience shame.*

*I will no longer suffer reproach. No oppression will befall me anymore!! Your promise exchanges my shame for praise. Father, You have saved me and made me whole again.*

*You made me righteous in You, by grace through faith, so I no longer live in sin and shame. You promise to restore to me ALL that has been stolen by the enemy of my soul.*

*I live in Your promises and reflect Your glory. Hallelujah! Thank You, Father!*