

March 2nd - 8th

Off the Record: Pastor Ashley Daugherty

In this lesson you will learn about the effects of shame on our lives.

Intro: When we hear the phrase, “off the record” in an interview we think about the juicy details. That statement means it is now safe to tell the reporter how you really feel and what you really think about some issue. It means the recording has stopped, and nothing said afterwards can be used against you at a later time. It is easy to forget that God not treat us like the world does. He is not out to dig up your skeletons and embarrass you in front of others. He keeps no record of wrongs. God desires everyone to live a life free of shame & guilt of past wrongs.

I. Woman with the Issue of Blood dealt with Shame

- A. Luke 8:43- this woman lived in an unclean state ceremonially and socially for twelve years. She was ostracized from her family and friends while the shame and guilt piled up on her day after day. In her misery, she pushes past the crowds and touches His robe receiving her healing. Jesus stops his progress and ministers to her personally healing her mind, soul, and body. He calls her daughter and commends her for her faith.

II. Moses dealt with the issue of Shame

- A. Exod 2:11-15- Moses had been found out to have killed an Egyptian. He runs away from the shame and the guilt into the wilderness. Did Moses feel shame for living in a palace all those years while his Hebrew brethren were struggling as slaves to survive? Over the forty years he spent in the wilderness, God was able to help him get over all of that shame he had pent up inside. He was able to come back to Egypt and face Pharaoh.

III. Shame & Unworthiness

- A. It takes courage to process your story and the situations you have walked through and allow God to heal you. God wants to prove Himself to you by bringing you wholeness and making all things work together for your good (Rom 8:28). The enemy will try every trick to get you to reject the goodness of God by reminding you of your past mistakes and failures. He will stir up the feelings of unworthiness. We must shake that off, own the moment, and receive all that God has for us.

Discussion Questions

1. Have you kept record of the wrongs that God has already forgiven you of?
2. What area of your life is shame holding you back?
3. Have you ever felt guilty for the favor or promotion in your life?