PASTOR

MELISSA QUAH

the DARKNESS WITHIN



SHAME



The Spotlight Effect



Guilt focuses on our failures.
Shame allows our failures
to define who we are.



Romans 8:1-4 (NIV)

[1] Therefore, there is now no condemnation for those who are in Christ Jesus, [2] because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:1-4 (NIV)

3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

Romans 8:1-4 (NIV)

4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

What are two truths
that disarm shame in our lives?



IN CHRIST, THERE IS

NO CONDEMNATION



Romans 8:1 (NIV)

[1] Therefore, there is now no condemnation
for those who are in Christ Jesus,

Genesis 3:7 (NIV)

7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Adam and Eve were hiding from the very One they needed most.



Genesis 3:9 (NLT)

9 Then the Lord God called to the man, “Where are you?”



When we fail, we often want to hide.



We come to Jesus because
we cannot save ourselves.



Romans 7:18-19 (NIV)

18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.



Romans 8:1 (NIV)

[1] Therefore, there is now no condemnation for those who are in Christ Jesus,



Romans 8:1 (NIV)

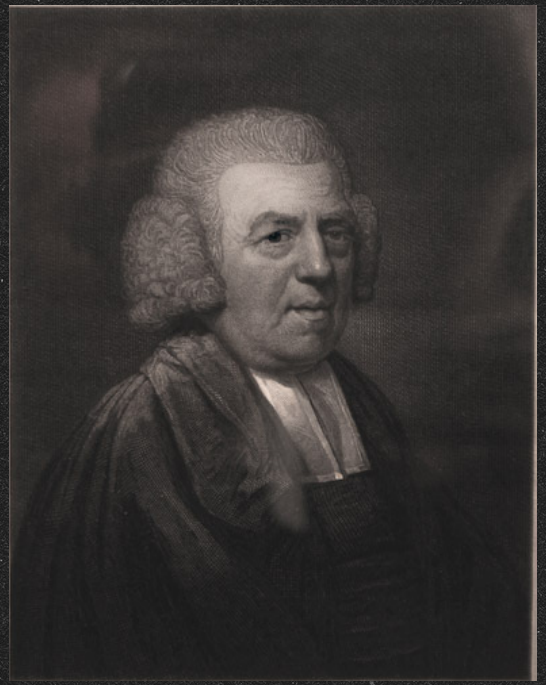
[1] Therefore, there is now no condemnation for those who are in Christ Jesus,



Romans 8:3 (NIV)

3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

John Newton



Source: commons.wikimedia.org

Amazing Grace

Amazing Grace, how sweet the sound
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.

What are two truths
that disarm shame in our lives?



IN CHRIST, THERE IS

NO CONDEMNATION



IN CHRIST, THERE IS

FREEDOM



Romans 8:2 (NIV)

2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Sometimes the greatest shame is
not the result of doing something wrong.
It comes from failing again.



Romans 8:2 (NIV)

2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Freedom does not mean we will never struggle again. But it means that we no longer surrender to sin as though it has absolute authority over us.



Romans 8:3 (NIV)

3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

Romans 8:4 (NIV)

4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

1 John 1:9 (NIV)

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.



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Romans 3:23 (NIVUK)

23 for all have sinned and fall short of the glory of God,

Romans 6:23 (NIVUK)

23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

John 3:16 (NIVUK)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

the DARKNESS WITHIN

