



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 3: Choosing HOPE in the midst of discouragement.

Week 12: Breaking out of Shame, and negative self-talk.

Video: The Heart of Man

[Click here to watch a video clip in our Vimeo account.](#)

Theme verse: *Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. You see, at just the right time, when we were still powerless, Christ died for the ungodly.* – Romans 5:3-6

Word of the Week: Shame

Quote: “If we can share our story with someone who responds with empathy and understanding, shame can't survive.” – Brené Brown

John Eldredge: “We are made in the image of God; we carry within us the desire for our true life of intimacy and adventure. To say we want less than that is to lie.”

Additional Verses: 1 John 3:18-24 and Galatians 5:1-6

Highlight Song: Take It All Back, Tauren Wells

[Click here to watch in our Vimeo account.](#)

Who does God say you are?

Chosen	1 Thessalonians 1:4, Ephesians 1:4
Friend	John 15:15
Workmanship	Ephesians 2:10
A Temple	1 Corinthians 3:16, and 1 Corinthians 6:19
Messenger	Acts 1:8
His Child	Galatians 3:26
Greatly Loved	Romans 5:8
Free	Galatians 5:1, John 8:36, Free Indeed
Forgiven	Colossians 2:13
Healed	1 Peter 2:24
Adopted	Ephesians 1:5
Alive	Ephesians 2:4-5
Strong	Philippians 4:13
Blameless	Colossians 1:22
Loved	1 John 4:10
Accepted	Romans 15:7
Masterpiece	Ephesians 2:10
In God's Image	Genesis 1:27
Fruity :-)	Galatians 5:22-23
Disciple	John 13:35
Follower	Acts 22:4
New Creation	2 Corinthians 5:17
Child of God	John 1:12, 1 John 4:4
Friend	John 15:15
Redeemed	Galatians 3:13
Justified	Romans 3:24
Son	1 John 3:1-2
Heir	Romans 8:16-17
Sanctified	1 Corinthians 1:2
Ambassador	2 Corinthians 5:20
Righteous	2 Corinthians 5:21, Ephesians 4:24
Citizen	Philippians 3:20
Saved	Ephesians 2:8
Light	Matthew 5:14
Salty :-)	Matthew 5:13
Loved	Jeremiah 31:3
Overcomer	1 John 5:4
Special	1 Peter 2:9
Saint	Colossians 1:2, Philippians 1:1
Holy	Colossians 3:12

Word of the Week: Shame

Dictionary:

noun

- the painful feeling arising from the consciousness of something dishonorable, improper, ridiculous, etc., done by oneself or another: *She was overcome with shame.*
- susceptibility to this feeling: *to be without shame.*
- disgrace; ignominy: *His actions brought shame upon his parents.* verb, *shamed, shaming.*
- to cause to feel shame; make ashamed: *His cowardice shamed him.*
- to publicly humiliate or shame one for being or doing something specified.
- to drive, force, etc., through shame: *He shamed her into going.*

Quotes: “If we can share our story with someone who responds with empathy and understanding, shame can’t survive.” – Brené Brown

“We need never be ashamed of our tears.” – Charles Dickens

“Guilt says I’ve done something wrong; shame says there is something wrong with me. Guilt says I’ve made a mistake; shame says I am a mistake. Guilt says what I did was not good; shame says I am no good.”
– John Bradshaw

“Being ignorant is not so much a shame, as being unwilling to learn.”
– Benjamin Franklin.

“When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.” – Henri Nouwen

“Whatever is begun in anger ends in shame.” – Benjamin Franklin

“Once we realize that imperfect understanding is the human condition there is no shame in being wrong, only in failing to correct our mistakes.” – George Soros

“Shame is the most powerful, master emotion. It's the fear that we're not good enough.” – Brené Brown

“Repentance keeps sin from condemning us because Jesus died and scorned the shame.” – Mark Driscoll

Bible: Genesis 2:25

Adam and his wife were both naked, and they felt no **shame**.

Proverbs 13:18

Whoever disregards discipline comes to poverty and **shame**, but whoever heeds correction is honored.

Proverbs 3:35

The wise inherit honor, but fools get only **shame**.

Proverbs 13:5

The righteous hate what is false, but the wicked make themselves a stench and bring **shame** on themselves.

Proverbs 13:18

Whoever disregards discipline comes to poverty and **shame**, but whoever heeds correction is honored.

Romans 5:3-6

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to **shame**, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. You see, at just the right time, when we were still powerless, Christ died for the ungodly.

Romans 10:11

As Scripture says, "Anyone who believes in him will never be put to **shame**."

1 Corinthians 1:27

But God chose the foolish things of the world to **shame** the wise; God chose the weak things of the world to **shame** the strong.

2 Corinthians 4:2

Rather, we have renounced secret and **shameful** ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God.

Ephesians 5:12

It is **shameful** even to mention what the disobedient do in secret.