

## UPROOTING REJECTION #5: “Rejection and Shame”

2 Sam 13:13, 19

*Intro: We are looking at the principle of rejection in people’s lives: Disapproval/lack of valuing*

*Rejection is the root of so many unhealthy/destructive emotions/reactions/mindsets/choices*

*We will be looking at the roots of rejection in order to bring freedom*

*Through supernatural deliverance and the power of truth we will find freedom to uproot rejection*

*Today: Looking at the power of shame in rejection*

### I. THE ROOTS OF SHAME

A. Rejection comes from other people: *Outside of us*

1. They give us their opinion of our worth/identity

a. **Words:** *You are stupid/worthless/what’s wrong with you?* b. **Actions:** *Abandonment/divorce – abuse*

1. **2 Samuel 13:14**

a. *You are only good for sex*

c. **Failure to give what we need:** *No love/affection/communication/praise/finances*

*This comes from outside. This is a message from outside. They are lies. Not true.*

B. Rejection becomes deadly when we internalize those lies of rejection – and make them our own

1. **1 Samuel 13:13** *where could I take my shame? Someone else did this to her, but now, she is saying I have shame.*

*Ammon should be the one feeling the shame. He did the abuse. He wronged her.*

a. The word means to strip or to be exposed: *A feeling that I am missing something...*

1. **Genesis 3:7** *Moment they sinned: recognized something is missing.*

2. **Shame can begin with guilt:** *Feeling bad for doing wrong – so we will fix it!* **Guilt in itself is a warning sign.**

**Hand to hot stove.** *God designed us with conscience. Why? So we will stop and fix. Meant to be temporary.*

1. The root of some addictions: *Alcohol/drugs to make us forget/deaden the pain of guilt*

b. Shame is different than guilt: *Guilt = I have done bad things Shame = I am bad*

3. We need to define shame – identify it’s work in our hearts/minds

a. *Brené Brown: Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.*

b. *Shame is a vague sense of unworthiness and insecurity: I’m not like them/I don’t measure up/I don’t fit in...*

c. *Shame is the deep sense that you are unacceptable because of something you did, something done to you, or something associated with you. You feel exposed and humiliated.*

### II. THE EFFECTS OF SHAME

A. **You can take on the identity of shame:** **1 Samuel 13:19** *she tore her robe of many colors...*

1. *I am different: I was a virgin/I was a princess – but now I have changed*

a. **2 Samuel 13:19** *... Tamar put ashes on her head...and put her hand on her head. Then she went away, crying loudly.*

1. *Ashes on her head: I’m dirty – here!* 2. *Her head: This is where the problem is! Wrong thinking*

2. **Shame is when you agree with someone else’s abuse/hateful words/neglect:**

a. *I am stupid/I am a failure/that’s all I’m good for* b. *Rick Renner was sick for a long time in Junior High, so he missed some basic math principles he needed for Algebra class, so he was behind. His teacher mocked him for not knowing basic things, calling him ‘Stupid.’ She would call the roll – Stupid Renner? And he would answer: Here! He took on her opinion as his identity.*

B. **Shame separates us from other people:** **1 Samuel 13:19** *...she went away, crying bitterly...*

1. *We feel we are not fit to be with other people: Sometimes we can’t look other people in the eye*

2. Relationally: We can isolate ourselves from others – literally! *We keep our distance No healthy loners.*
3. Emotionally: *They don't let anyone really ever get close we don't talk about that. Some people always joking: never have to have a serious conversation. Married people, withhold from emotional relationship.*
4. Sexually: *Some people are married, but even in marriage they still separate themselves Shame recreates shame.*

### C. Shame causes us to reject ourselves:

1. We tend to re-create our shame with our words:
    - a. *I am stupid...I am worthless...I shouldn't be here...*
  2. We can tend to harm ourselves:
    - a. Some people choose self-harm: *Cutting/burning themselves – that's what I deserve!*
    - b. Some people sabotage their own lives: *Relationships/marriage/ministry – this is what I deserve!*
      1. *Tennis pro Andre Agassi was successful by almost any standard, yet his secret meth habit did double duty. It gave him a high and, at the same time, "I get an undeniable satisfaction from harming myself and shortening my career. After decades of merely dabbling in masochism (causing pain to myself), I'm making it my mission... I hate tennis... but I hate myself more."*
- Marriage. Friendship ministry. I tear it down because someone like me, I don't deserve this.*

### D. People with shame often pass on shame:

1. Victims of shame tend to put that shame on others: *'Hurt people tend to hurt people'*
  - a. *They criticize/mock/they get angry for perceived failures – making them look bad*
    1. *What they hate – they reproduce in others: A vicious circle that they pass on to others*
2. When we feel shame – we want to put shame on others
  - a. **Gossip:** *Let me tell you how terrible they are! We make ourselves feel better by telling their problems*
  - b. **Blame:** [Genesis 3:12](#)
  - c. **Criticism:** *People who find fault with everyone and everything: Make everyone look as bad as they feel about themselves*

### E. People with shame assume that **God** feels about them the way they feel about themselves

1. *They're sure God is disgusted/turning His eyes away from them So you believe that God loves you, but do you believe that He likes you?*
- One of the works of shame, God doesn't really love me. He puts up with me, temporarily.*

## III. HEALING SHAME

### A. Jesus took our shame to the cross

#### 1. [Hebrews 12:2](#)

- a. Built into the cross was the element of shame
  1. *Stripped naked/mockd by soldiers-religious/thieves*
  2. *Spit on*
  3. *Paraded/executed as criminal*
- c. He became sin for us so He could forgive our sin - and change our identity

### B. Healing shame begins when we see how God views us: *The love of God*

#### 1. [Zephaniah 3:17](#)

- a. *Knowing everything about us – God delights in us*

#### 2. We need to **believe** God's love: [1 John 4:16](#)

- a. Recognize the lies we have believed – and seek the truth – and believe it!
  1. *Look at Jesus: How He treated people (not the Pharisees) What did he say? What did he do? That's for me!*

#### 3. We need to **experience** God's love: [1 John 4:16](#)

- a. Know: Experiential/to be certain/ *involves 'to feel'* We can meet with God!
  1. *God can bring healing for the past: Bind up the broken hearted*
  2. *He can bring revelation (more than information) I know – I feel it*

4. **You may need help in breaking shame:** Shame wants us to keep it in – don't let anyone know

a. Sometimes when shame came from someone else:

1. There is freedom in someone else saying 'that's not true' or 'what they did was wrong'

*b. Psalm 34:5 NIV*