

Blank Background Slide

Thank you, Jesse, and Worship Team

- Really appreciate that

For those of you haven't met me, I'm John Cochran, the Executive Pastor here at Harvest Davenport

- Most weekends around here you'll generally find me in 1 of two places:
 - Either sitting in the front row on the aisle right over there,
 - Or out in the Lobby before and after all 3 services

This morning, however, I get the honor and privilege of looking into God's Word with you from up here on stage

But before I begin doing that, let me take you back to my normal **weekend routine** out in the Front Lobby

- Each weekend, as I see you walk through the door, I know something about **each and every one of you**:
 - each one of you carries something with you.
 - For some of you, it's your Bible,
 - Some of you it's a purse,
 - Others of you have a child you're carrying,
 - And then some of you have a Bible, purse, a diaper bag, and a child!!

And whether or not you have something in your arms,

- Each time you walk through the doors,
 - each one of us carries into the Lobby and this Worship Center **our emotions**

The fact is we are **each** carrying a different set of emotions:

- There are people here who are super happy;
 - others who are super sad.
- People who are angry.
 - others overflowing with joy,
 - and still others are carrying frustration,
 - or maybe even depression

And many of us, I dare say, carried in here this morning a very strong, powerful, painful emotion that many suffer with,

- but aren't very open or upfront about.

That emotional baggage is what I call:

- **The Private Pain of Silent Suffering:**
 - **The Power of Shame**

Shame can be defined something like this:

- **Shame is** a painful feeling caused by consciousness of guilt or shortcoming

which follows when a person realizes that there has been a failure to live up to an ideal expectation.

- Shame is the intensely painful feeling or experience of believing we are flawed, and therefore unworthy of acceptance and belonging.

Sometimes your shame is due to something you've done;

- And sometimes your shame is due to something that someone has done **to** you.

Sometimes your shame is because you got that abortion at a stressful time,

- and every time that date comes around you think of that baby and how old they would be now.
 - And you silently suffer and don't tell anybody,
 - But you're filled with pain and shame.

Sometimes it's what happened to you.

- An uncle that was staying over and slipped into your room when you were only a just a child,
 - and touched you in ways that he should not have touched you.

You never told anybody, but you have lived your entire life with that silent feeling and pain of shame.

- Maybe it's my fault...
 - Maybe I could have stopped him...
 - Maybe something's wrong with me.
 - And you suffer in silence

And you live with that sense of a dark, deep secret inside,

- that if people only knew,
 - they would reject me.

So you stuff down the pain,

- you stuff down the shame,
 - but you live with it day in and day out;
 - **Silent Suffering – The Power of Shame**

In Mark chapter 5 there's a story of a woman,

- A story also recorded in Matthew chapter 9 and Luke chapter 8,

This woman is an intriguing woman because her story is so powerful and so compelling;

- A woman who ultimately, at the end of the story, is commended for her faith

However, underneath the faith she displayed,

- I believe the driving force in her life was the silent, hidden emotion of shame.

Turn with me to Mark Chapter 5

- Mark chapter 5, starting with the last half of verse 24
 - If you need a Bible, just raise your hand and one of our ushers would be glad to get one to you
 - Mark 5

Follow along with me as I begin reading at the second half of verse 24:

- Mark 5:24b:
 - *And a great crowd followed him [Jesus] and thronged [or pressed] about him. ^[25] And there was a woman who had had a discharge of blood for twelve years, ^[26] and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse.*

OK - Get the setting here? Do you see the players?

- There was a woman...
 - Who we'll see in just a moment is the main character in this story,
- And there's Jesus; and
- A great crowd that had gathered around Jesus

In fact, Mark says the crowd thronged about Him because:

- They knew that He healed.
 - they knew that He touched the ears of the deaf and they heard again;
 - they knew that He had the power to touch the eyes of the blind and they would see.
- And, they knew that He spoke and acted like no other.

And they pressed in around Jesus:

- Some more curious,
 - others more convinced;
- Some more followers,
 - some more seekers,
 - and others - just along for the ride to see what might happen next

But verse 25 also says,

- "And there was a woman" who had been subject to bleeding for 12 years.
 - she had suffered a great deal under the care of many doctors and had spent all that she had, her entire living as Luke puts it, trying to find a cure.
 - Yet instead of getting better, she only got worse;
 - Luke says "she could not be healed by anyone."
 - And she was driven into **isolation** because of her condition and shame

In fact, that's the first point you need to understand about the Power of Shame:

- The first point on your outline:
 - **#1 - Shame drives you to suffer in silence and isolation.**

Your private pain is where shame **locks** its grip on you,

- Shame either drives us **away** from God,
 - Or it drives us **to** God.

Some of you are here this morning because the shame that you carried inside in silence actually drove you **to** God,

- and even though that shame and its cause was a painful experience in your

life,

- it ultimately drove you **into** the presence of God for help
- As a matter of fact, that's exactly why I am here this morning;
- why I am serving as a Pastor here on Staff
- You see, the Shame of my personal, silent suffering,
- the power of the shame **of alcohol** and its grip on my life drove me initially away from God,
 - into isolation, and deep, silent, shameful pain and suffering,
- But praise God, that same pain of shame ultimately drove me **to** my knees and back **to** God
- This woman in Mark 5 had been suffering with a shame causing condition for 12 years.
- Now you wouldn't fully know that unless you understood the Jewish culture and read a little bit more into the context of the story

Look again at the text – v.25

- This woman had been subject to bleeding for 12 years;
 - she had an internal hemorrhaging that became a female problem;
 - a desperate problem, in fact.
 - She did not have a monthly cycle;
 - She had a daily cycle.

Can you imagine how weak she was from the loss of blood?

- The smell that surrounded her in this ancient culture?
 - The constant washing and changing and isolation?
 - Remember, there were no feminine products available to her,
 - no shower down the hall,
 - no indoor plumbing to flush away the blood,
 - no washing machine and dryer for the soiled linens and clothes that she wore.

This shame-filled condition literally defined every second of every day of her life,

- for the past **12 years!**

She bled for 12 years – **constantly**

- With no cure in sight!

And if that wasn't bad enough, in the Jewish culture the impact was even more dramatic.

- In the Jewish culture, if a woman bled in that way,
 - by very law as spelled out in Lev 15:19-30, she would be considered **unclean**,
 - have to be separated from her husband.
 - Anyone who touched her would be ceremonially unclean,
 - so she would be **ostracized** from society,

- because if you touched her, you too would be considered unclean for seven days.
 - If you sat in the bed where she was, you would be unclean;
 - if you sat in a chair where she had sat, you would be unclean

she would not be able to hug her children without making them unclean;

- she would not be able to put her arm around her husband without him being unclean.
 - and if you're unclean, you are not allowed to go to the synagogue;
 - And not only that, she was not even able to be in the outer women's court of the Temple because she was unclean

A private issue that becomes a public problem.

- Shame.
 - not because of her fault,
 - or anything that she had done,
 - but because of an issue that she was dealing with in her life.

You see, this woman's issue was intensely private, but had public consequences

Shame is one of those emotions that many people live with,

- but try to hide.
 - We go to great lengths to hide the shame that we feel,
 - because we're afraid if **you** only knew, **you'd** reject me,
 - so you stuff down the shame and try to hide it in silence and isolation

I believe that shame is....

- kind of like this box....
 - It's a box into which we put the stories, the events, the things,
 - the issues that have caused us to feel shame,
 - and we put them in the box,
 - and we close that box because we don't want anyone to see what's in it

But we can never quite get rid of it.

- We walk around with it;
 - we hide it;
 - we put it behind us,
 - but it's always with us

When people meet us, they don't know it's there:

- But we know it's there

And we're always afraid that if they get too close,

- If they look too deeply
 - if we let them in too much
 - they're going to see the very things that cause the shame;
 - and they're going to reject us as broken individuals because of that which brings shame to our lives

this woman was struggling just like that.

- and many of us struggle in various ways with similar issues

For me, at the height of my addiction,

- I can still remember vividly the shame that I felt
 - every time I walked into church on the weekend.
 - And as a result, as time went on, I withdrew and went farther into isolation and into my box of shame,
 - Fearing what would happen "if they only knew what had happened during the previous week",
 - If they only knew who I **really was** on the inside

Shame.

- private shame that makes us feel like there's something wrong with me,
 - something unlovable,
 - something about me that if people knew,
 - they would immediately walk away from me

This woman was physically weak,

- financially depleted,
 - socially alienated,
 - spiritually isolated,
 - and emotionally exhausted.

Because the Enemy takes our shame and he uses our shame to **browbeat us down**;

- Satan uses our shame to make us feel unworthy;
 - he uses our shame to bring a dark, powerful, silent cloud over us

Shame will drive you to suffer in silence and in isolation.

- Shame drives you to God, or away from God.

The second thing that I want you to understand about **The Power of Shame** from this passage is,

- not only will it drive you to suffer silently and in isolation,
 - **#2 - Shame also Shapes your Approach to God and Others**

Look back at our text,

- Verse 27
 - ^[27] *She had heard the reports about Jesus and came up behind him in*

the crowd and touched his garment. ^[28] For she said, "If I touch even his garments, I will be made well."

verse 27 says that when this woman heard about Jesus, she made her way in faith,

- silently in shame through the crowd,
 - knowing that if the crowd only knew that she was unclean they would avoid and reject her.

So she came up **behind** Jesus in the crowd and touched the **hem** of his garment,

- because she thought:
 - "If I just touch his clothes,
 - I will be healed

I see an internal struggle going on here:

- I see at one point that faith is driving her to Jesus;
 - she feels if I just touch Him,
 - I'll be healed.

Romans 10:17 tell us that:

- **faith comes from hearing**, and hearing through the word of Christ (Rom 10:17)

She heard about Jesus,

- and His healings and His teachings,
 - and her faith empowered her to act

The woman's faith was driving her to Jesus,

- but her shame was keeping her from seeing Jesus **face-to-face**;
 - she approached Jesus from **behind**,
 - just to touch the hem of his garment **from the back**

[Back to Point #2 Slide – Shame Shapes...]

She didn't say,

- I'm gonna to talk to Him,
 - I'm gonna look at Him,
 - He's gonna look at me;

because shame tells you,

- if He sees you,
 - if He looks at me,
 - He'll reject me

She didn't imagine the eyes of Jesus full of compassion,

- she imagines touching the hem of the back of His garment,
 - **not** looking into his face

You see, when you're full of shame,

- when you carry the box of shame around with you,
 - it affects the way you approach people

some of you let no one come close to you because you're afraid that if they only knew what's inside your box,

- they would judge you,

- they would reject you,
 - they'd want nothing to do with you

And some of you feel that very same way about God.

- You come to church and you feel like,
 - I can **just** touch the **hem** of his garments,
 - but I can never see the fullness of His face look at me,
 - because if I saw the expression on His face,
 - if God looked upon me,
 - His look would probably be one of anger or dissatisfaction or judgment or disapproval or even rejection

When this woman reached out in faith and simply touched the hem of His garment,

- something indeed happened to her;
 - but her shame affected the way that she approached Jesus and approached others

***** PAUSE *****

And #3 – The Power of Shame:

- **Shame Steals your Celebration Voice**,
 - Shame not only drives you to suffer silently and in isolation;
 - not only shapes the way you approach God and others,
 - but Shame **steals** your Voice of Celebration

Look back at the passage – Verse 29:

- ^[29] And immediately the flow of blood dried up, and she felt in her body that she was healed of her disease. ^[30] And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd and said, "Who touched my garments?" ^[31] And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" ^[32] And he looked around to see who had done it.

This shame-filled woman, weak from her anemia, pressed through the crowd knowing that if the crowd knew she was unclean they would not want to be anywhere near her,

- but she pressed through the crowd in faith,
 - and she reached out as fast as she could to touch the hem of Jesus' garment,
 - and as soon as her fingers felt the edge of His robe,
 - there was something powerful that happened;
 - she felt the healing power of the Holy Spirit surge through her entire body,
 - and she knew, verse 29 says, **immediately** that she had been healed

I don't know about you, but if that was me, and I knew I was healed after 12 long, painful years of silent suffering,

- I would be jumping around (well maybe not quite),

- But at least shouting out:
 - I feel it
 - I'm healed !!

I remember vividly when I had my back surgery nearly 12 years ago.

- When people came to see me and asked me how I was doing,
 - the 1st thing I told them was,
 - "The surgery worked!"
 - "The pain is gone !!"

But this woman didn't have that reaction;

- she **knew** that she was healed,
 - immediately,
 - but shame robbed her Celebration Voice

The Bible says that Jesus stopped and immediately turned and said,

- "Who touched me?"

and his disciples were like:

- Jesus, are you kidding?
 - Who you touched you?
 - I mean everybody's pressing in around you
 - Who touched you? Really?

But Jesus is saying, No, No, No;

- who touched me in faith?
 - because Jesus felt power go out of Him into her

And the woman?

- she knew that it was her, but instead of jumping out and saying, "it's me! Thank you Jesus!"
 - she coward and hid away in the crowd

And the Bible says, as recorded in Matthew and Luke, that Jesus **kept asking**, and kept looking around to see who had touched him

But because of her shame,

- the woman hid,
 - and her voice was silenced

There's some of you here who have given your life to Christ but you never raised a voice to give him the honor and glory;

- you've never praised Him,
 - you've never made it public about what God has done in your life,
 - because shame has robbed your voice

inside you know that God has touched you,

- but shame has told you,
 - "You're not worthy of that,
 - Who do you think you are?
 - Don't you understand that with all you have done in the past,
 - There's no way God could ever forgive you!

You see there's a close companion to the emotion of Shame

- It's called "Guilt"
 - Guilt is defined as:
 - "responsibility for a crime or for doing something bad or wrong."
 - Shame, on the other hand, as we noted earlier,
 - Is "a painful emotion caused by consciousness of guilt,
 - "a condition of humiliating disgrace or disrepute."

Guilt says,

- "You've **done** something **bad**,"
 - or "You've made a bad choice."

Shame says:

- "You **are** bad."

There is a big difference between "you **made** a mistake" and "you **are** a mistake."

Or, in other words:

- Guilt is about my **do**.
- Shame is about my **who**.

What does Scripture say about our **do**?

- "For all have sinned and fall short of the glory of God" (Romans 3:23).

In a nutshell, Scripture says guilt needs justification and forgiveness

- Every one of us is guilty.
 - No exceptions.
 - Everyone needs to repent and receive forgiveness

But in sharp contrast, what does Scripture say about our **who**?

- "I am fearfully and wonderfully made" (Psalm 139:14).

○ And in 1 John 1:9:

- "if we confess our sins, he is faithful and just to forgive us our sins [in other words: our Do's – our Guilt] and to cleanse us from all unrighteousness"

Scripture says **shame** needs an **identity shift** and a **relational connection**.

- By grace, through faith because of the work on the Cross,

- I can be made alive!!
 - I'm free!
 - Forgiven!
 - Clean!

[Back to Summary Slide with "Do" and "Who"]

But Satan wants us to get the 2 confused,

- And to bind us up in shame by tying the 2 together in our mind and emotions.
 - Sin leaves both guilt and shame in its wake,
 - but shame is what lingers even after forgiveness has been sought and granted.

Satan causes our guilt for doing wrong to often lead to shame,

- And because Satan plants the seeds of shame in your life,
 - because you have allowed Satan to confuse your **guilt from your do**, with your **shame of your who**,
 - you're afraid to say,
 - I've surrender my life to Jesus
 - I am no longer guilty!
 - I'm Alive and Free!
 - Forgiven and Clean!

Jesus has touched me,

- changed me,
 - I am **now** a child of His.

But instead you think and feel,

- "No - how could I ever be free?
 - How could He forgive me with what I've done and who I am?
 - How could I ever be **fully** accepted by God?

The Enemy has silenced you,

- shut your mouth.

You can't even say,

- Yes, I have been forgiven!
 - I am a child of God;
 - And because of that I'm ready to tell everybody publicly and get baptized

You can't even say it because shame has such a strong grip on you that you think:

- What if I fail again?
 - What if I blow it?
 - What if I'm not who I think I am?
 - Just look at all the dirt and garbage inside of me!

You are driven by shame instead of by faith,

- And since your voice of celebration has been silenced,
 - You won't even speak up and volunteer to serve here at the church,
 - Or join a Small group or Discipleship group,
 - let alone get baptized!

If they only knew what I did, they'd never want me to help.

- I can't do that!
 - If only they knew, I'd never be able to serve at anything here at the church;
 - If they only knew what I did and who I am,
 - They wouldn't **want** me in a Small Group,
 - And probably wouldn't even let me come to church here!

And if this story ended with verse 32, with Jesus looking around in the crowd and the woman hiding,

- You might be at least partially justified in remaining silent,
 - still silently suffering in Shame

But praise God, the story doesn't end with verse 32!!

- Not only does this story unfold the Bondage and Power of Shame in verses 24-32,
 - this story concludes with **4 powerful steps** to help you **Break the Power of Shame**

Look at verse 33:

- ^[33] *But the woman, knowing what had happened to her, came in fear and trembling and fell down before him and told him the whole truth.* ^[34] *And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."*

The woman came and fell at Jesus' feet, **trembling** with **fear** and told Him her story

To break the power shame:

- **#1 - Admit your story**

the Bible says, verse 33,

- "the woman knowing what had happened to her".
 - No one else knew, but she knew;
 - no one else knew that she had this hemorrhaging in her life,
 - the crowd didn't know,
 - but she knew,
 - and she stepped forward to admit her story

Unlike the woman, however, many people simply live in **denial** of their shame and story;

- a lot of people, maybe even you, try to act like:
 - No – that's not my story!...
 - even though you know it's your story

You try to block it out;

- you try to act like it didn't happen;
 - you try to distance yourself from it and from everyone else;
 - you keep running from it,
 - but yet you still feel the hurt and shame inside

Let me tell you something:

- something I **had to learn the hard way.**
 - If you don't acknowledge and admit your story,
 - you'll never be released from the bondage of shame

You'll never be freed from the Power of Shame if you don't step forward and say,

- Yeah, this **is** my story.
 - But listen;
 - my story, does not define my worth.
 - My past does not dictate how valuable I am in the present;
 - what happened to me in the past doesn't take away my value.
 - My worth is determined by who I am in God,
 - not by what my past says I was.

Some of you need to admit your story this morning;

- Yeah, that is my story
 - I did struggle with suicide
 - I did have 2 abortions
 - I have had 3 divorces
 - Yes, I was molested
 - Yes, I was bullied in school
 - Yes, I did go bankrupt
 - Yes, I have struggled with this problem in my life;
 - I **have had** addiction issues in my **past**.
 - That is my story,
 - I accept it,
 - I admit it!

But Shame, I'm not going to let you keep me down!

- I admit that's **a part** of my story,
 - but that does not take away my value,
 - that does not dictate my future.
 - that just tells you what I struggled with **in my past!**

And then the Bible goes on to say at the end of verse 33,

- that this woman not only knew inside what had happened,
 - but look what it says,
 - verse 33 says that trembling with fear, she fell down before

Him,

- and told Him **the whole truth**
 - **the whole** story

To Break the Power of Shame in your life,

- you not only have to admit your story,
 - You have to **#2 - Own Your Story** by telling the **whole truth** about your story

And by the way, did you notice?

- this wasn't in a private counseling session between her and Jesus;
 - guess who else was listening?
 - the whole crowd!

This woman, who had lived in **isolation** with Shame for so long,

- embarrassed, feeling broken, unworthy,
 - now kneels **in front** of Jesus,
 - **not behind** Him,
 - looks Him in the face,
 - and she tells him the **whole truth**,
 - **she owns her whole story**

There's something powerful about **taking the box of shame**,

- and saying, I'm not hiding this anymore
[go pick up the box – OPEN the lid]

And I say,

- Yeah, that is my story,
 - this is the **whole truth**,
 - let the entire crowd, the whole world hear!

Because, the **power of Shame is broken** when I bring it out into the light

- **#3 – Bring Your Story into the Light**

This is it – I'm done!

- Come on light - shine in the darkness
 - Shame - you have no power over me anymore!
[Dump out what is left in the box]

- I'm not hiding my story;
 - I'm admitting and owning **my whole story**
 - I'm not hiding my brokenness
 - I'm not hiding my problem
 - I'm bringing it into the light,
 - because the only power that shame has is the power that it has when I feel like I have to hide

what has happened to me

My past and shame **is part of** my story,

- but it doesn't define me because Jesus has stepped in
 - and I am valuable and worthy;
 - in spite of my brokenness He still loves me.
- **And that's the rest of my Story!!**

Shame - you have no power!

[DROP the box]

The woman admitted her whole story,

- She owned the whole truth of her story
 - She brought her whole story into the light

and I'm sure... there was a moment... after she told the whole truth...,

- As the crowd looked on,
 - that there was a pause...;
 - there was a silence...;
 - there was an awkward moment... in which she felt like the judgment of the crowd or the anger of Jesus may say to her,
 - Woman, why did you touch me?
 - because now I am unclean because you touched me!

She held her breath,

- I'm sure expecting the judgment and the fury of this man named Jesus.
 - how could she have had the audacity to even touch him?

But here she is:

- Kneeling in front of Him,
 - Trembling in fear
 - Waiting for His condemnation

And what does He say?

- What are the 1st words out of His mouth?
 - What does she hear?
 - Verse 34

The first word that she hears from Jesus ---

- He says, "Daughter"
 - Daughter

Not woman,

- **not** lady,
 - **not** unclean

But in the tender tone of a loving father He says to this woman:

- Daughter
 - you're mine

▪ I claim you

- You're a child of mine
 - I don't care what you've been
 - I don't care what's happened to you or what you've done
 - I claim you as my own
- I call you Daughter

There's something powerful about that, isn't there?

- something healing about the Father calling you Daughter;
 - the Father calling you Son

You say, but I don't feel worthy to be called his son.

- And you're not!
 - neither am I!

But in the midst of our brokenness and craziness,

- the Holy Lamb of God reaches out and says,
 - Son, Daughter:
 - be free from your suffering,
 - be released from the power of shame.
 - your faith has healed you

And that touches a deep chord inside of my heart and my story, even to this day.

- the acceptance of God my Father;
 - the deep, powerful, unconditional love of my Heavenly Father

Ps 34:4-5 say:

- ***I sought the Lord, and he answered me,***
 - ***and delivered me from all of my fears...***

fear of rejection,

- fear of abandonment,
 - fear that I'm unlovable,
 - fear that I can never be forgiven

and verse 5 goes on:

- ***those who look to him are radiant***
 - that means there's a shine about their face
 - ***those who look to him are radiant:***
 - and then the verse continues and it says,
 - listen – look at it:
 - ***and their faces shall never be ashamed***

If you know the Lord as your Personal Savior,

- if you have repented of your sins,
 - confessed your "Do's",
 - and you know His love,

- and you know His power,
 - your face will never be covered with Shame

[Back to Summary Slide with 3. Points]

Because you know the forgiveness and the power that He has to call you His own;

- to wash and cleanse you,
 - and no matter what your story was or is;
 - to embrace you and hug you,
 - and say you belong to Me,
 - you are my Daughter, my Son.

To Break the Power of Shame:

- Accept your story
 - Own your story
 - Bring your story into the light
 - And finally, victoriously, **#4 - Embrace Christ's love and acceptance, and Celebrate your Identity in Him**

Hebrews 12:2 tells us:

- ^[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.*

That is the power of God;

- The Power of the Cross;
 - The Power of God to break the Power of Shame

Jesus has already broken the power of our shame on the **cross**.

- Jesus shamed shame **itself**!!
 - Did you catch that?
 - **Jesus shamed shame!**
 - He has already broken the bondage of Shame for us
 - he has removed the condemnation.
 - that is the powerful love of God!

Embrace Christ's love and acceptance,

- And celebrate your identity in Him

[Summary slide of all 7 points]

As we close, I know that some of you that came here today,

- you have been living with private shame,
 - deep pain in your heart that defines you
 - it molds you
 - it weighs you down
 - it does not allow you to love and be loved

- it does not allow you to worship

Some of your voices of celebration have been stolen.

- even when God does good in your life you can't celebrate the way you need to because you feel like,
 - "Am I worthy of celebrating?"
 - Is it really true?

And today, I believe some need to regain your Voice of Celebration, and Celebrate your **True Identity** in Christ.

- Some of you need to step out in faith and decide not let shame stop you anymore:
 - you need to understand and embrace the fact that the Power of Shame is already broken;
 - you need to decide to be baptized,
 - you need step out and volunteer to serve,
 - or you need to step up and join a Small Group,
 - or come to **Alive & Free** on **Thursday evenings** to let us help you work through your issues
 - your Hurts, Habits, and Hang-Ups that have you **bound** in shame

But Pastor, you just don't know how **bad** I feel!

It's **not** about how you *feel*;

- it's about what **faith** tells you;
 - it's about what the **Word of God** declares.

Your feelings and emotions do **not** dictate your theology;

- the Word of God dictates your theology

Shame must not drive your life;

- faith in God and what he declares you **to be in Him** should drive your life:

Son,

- "Daughter, **your faith** has made you well; go in peace, and be healed of your disease."

- And be Freed from the Power of Shame over your life!

- Celebrate Your True Identity in Christ!!

Let's Pray