

WHY YOU AREN'T SLEEPING

The Past

Roger Pryor—April 10/11, 2010

DEFINING SHAME

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope... 1 Peter 1:3 (TNIV)

LEARNING THE SHAME CYCLE

Phase 1: You Experience

Phase 2: You Connect

Phase 3: You Become a Prisoner

BREAKING FREE

1. Stop Playing the Shame Game

2. Be Broken

"The tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.' I tell you, this sinner, not the Pharisee, returned home justified before God. For the proud will be humbled, but the humble will be honored." Luke 18:9-14 (NLT)

So humble yourselves before God...Wash your hands, you sinners; purify your hearts, you hypocrites. Let there be tears for the wrong things you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor. James 4:7-10 (NLT)

3. Scorn the Shame

*Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its **shame**, and sat down at the right hand of the throne of God. Hebrews 12:2 (NIV)*

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works, so that no one can boast. Ephesians 2:8-9 (NIV)