

The Life of Joseph.

Week #7: Climbing out of the pit of shame.

July 30, 2023

The Bible doesn't just talk about truth, but demonstrates what happens in the lives of people when God's truths and instructions are either followed or rejected.

Joseph, a real person found in the pages of Genesis, is an individual who embodies some of the most significant truths in the Bible. In a life filled with everything from false accusations and mistreatment to arriving at the pinnacle of wealth and power, Joseph exemplifies forgiveness, freedom from bitterness, faith & a positive attitude - all the unexpected results of God's truths being put into action. Most important, Joseph is someone who learns and holds to Rule #1, "God's in charge". When we follow this rule, letting Him lead in our relationships, life goes better.

Questions: Week #7 - Dealing with shame.

Ross Rohde writes, "There is only one healthy response to shame when we experience it. It doesn't matter if it comes to us through the voice of critical people, our own internal critic or the accuser himself. We need to expose the lie, so it loses its power."

1. Recall a time in your life where you experienced shame:
 - What caused you to believe that you were a problem, instead of a person with problems?
 - Who reinforced it? ... Who exposed the lie and set you free?
 - What were its effects: on others? ...on you?
 - How does it still linger from time to time?
2. Think of Jesus, and the shame he has experienced ...our shame.
 - Read the following verses, reflecting on them:
 - Isaiah 53:3
 - Matthew 27:35-44
 - Hebrews 12:2
 - 1 Peter 2:21-24
 - How has Jesus exposed the lie of our shame and set us free to love and be loved by God?
3. PK spoke about shame being a stronghold of Satan, the Accuser.
 - In speaking about temptation, forgiveness, guilt and shame, someone once said that they feel like they have a wolf perched on either shoulder - one a kind one and one an evil one. When asked which one wins, they answered, "The one I feed."
 - Does God really not accuse us?
 - How hard is it for you to accept that God is not your Accuser?
 - Which wolf are you feeding?
4. Paul wrote that our fight is not against flesh & blood, but against the spiritual forces of wickedness in the heavenly realms (Ephesians 6:12)
 - What is it about shame that destroys people spiritually?
 - How can we help set others free?
5. Make a list of those you know who are struggling in bondage with shame.
 - Pray for them by name for 14 days, asking God to prepare you to empty their bucket of shame.
 - Pray for God's covering - this is difficult spiritual warfare we are dealing with, and you may have to work through your own desire to not free someone because they've hurt you badly.
 - After 14 days, go to them and use what you've learned to help God set them free. If you need to ask their forgiveness for anything, do it - you will also be freed.