



### “Ghosts of Christmas Past—Shame”

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**GUILT IS: I \_\_\_\_\_ BAD.**  
**SHAME IS: I \_\_\_\_\_ BAD.**

We connect what \_\_\_\_\_ with who we \_\_\_\_\_.

### SHAME-BASED THINKING

We are vulnerable to \_\_\_\_\_.

We attempt to silence our shame with error-free performances and find it difficult to admit failure.

We are \_\_\_\_\_ of ourselves making us critical of others.  
We see our faults mirrored in others. We become judgmental of others and are perceived as self-righteous or arrogant.

We use \_\_\_\_\_ thoughts as a form of protection and escape.  
We focus on the worst possible outcome, sabotaging opportunities and relationships.

*“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth...” Isaiah 54:4 NLT*

*If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

Our shame can easily become part of our \_\_\_\_\_

You’re still believing you are \_\_\_\_\_ that God says you are \_\_\_\_\_.

Dominant shame based thought: I am not \_\_\_\_\_. I am \_\_\_\_\_.

THE ONLY WAY TO HEAL FROM SHAME IS TO MOVE THE FOCUS FROM WHAT I’M NOT TO WHO CHRIST \_\_\_\_\_

### BECAUSE OF CHRIST...

I AM NOT \_\_\_\_\_.  
BECAUSE OF CHRIST I AM \_\_\_\_\_.

*Then the Lord said to Joshua, “Today I have rolled away the shame of your slavery in Egypt.”... Joshua 5:9 NLT*

**Memory verse:** *“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth...” Isaiah 54:4 NLT*

You are not what you \_\_\_\_\_—You are who Christ says you \_\_\_\_\_.

(Did, Am, Happened, Are, Perfectionism, Critical, Self-defeating, Identity, Something, Not, Enough, Inadequate, Is, Did, Are)

### My Next Step Today is...

- Memorize Isaiah 54:4
- What is your first memory of shame? How have you dealt with that?
- What are some of the ways you deal with shame now?
- Why do you hold on to what God no longer remembers?
- I want to talk to someone about receiving Christ as my Savior.

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Next Week’s sermon - “Ghosts of Christmas’ Past—Labels”