

## Shame by Attitude

### PART 4

Shame The word  
has overtones of being or feeling worthless.  
Strong's concordance says it is, "The feeling and the condition, as well as its cause."

In other words not just doing something shameful but *feeling* shameful or worthless.

### **Shame by attitude**

Is living a life that says I am worthless and no good, just as if I never deserve anything from God.

This is living a shame based life.

### **One writer calls this toxic shame.**

### **Four scriptures you can practice to overcome this 'toxic shame'**

#### **1. I must believe**

Rom 10:8-11

9 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. 10 For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. 11 For the Scripture says, "Whoever believes on Him will not be put to shame." NKJV

#### **2. I have to receive what he did for me**

Heb 12:1-2

1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. NKJV

#### **3. Let my greatest failure be the way I can help others**

Zeph 3:19

19 Behold, at that time I will undo all that afflict thee: and I will save her that halteth, and gather her that was driven out; and I will get them praise and fame in every land where they have been put to shame. KJV

4. **Let the Holy Spirit do his work in you**

Rom 5:5

5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. KJV