

## A SHAME-FREE SOUL

**3 John 1:2** - *“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”*

One thing that destroys our souls...a tool of the enemy...shame. Shame is not from God. Spiritual battle - Shame is a tactic to take us down from the inside out.

**1 Peter 2:11 NLT** - *11 Dear friends, I warn you as “temporary residents and foreigners” to **keep away from worldly desires that wage war against your very souls.***

### WHAT CAUSES SHAME TO OUR SOUL?

#### 1. SIN BRINGS SHAME

**Psalm 38:4-8 NLT** - *4 **My guilt overwhelms me**— it is a burden too heavy to bear. 5 My wounds fester and stink **because of my foolish sins.** 6 I am bent over and racked with pain. All day long I walk around filled with grief. 7 A raging fever burns within me, and my health is broken. 8 I am exhausted and completely crushed. My groans come from an anguished heart.*

Hidden sin causes us to feel overwhelmed. Burdened. It weighs on our shoulders walking around with grief and guilt. - My health is broken...The weight of hidden sin will crush you.

**Psalm 44:15-16** - *15 All day long **my disgrace is before me, and shame has covered my face** 16 at the sound of the taunter and reviler, at the sight of the enemy and the avenger.*

#### 2. LIES WE'VE BELIEVED BRING SHAME

It's the lies we've believed about ourselves, about life, about others, about God.

Revelation 12:10 calls him the “Accuser of the brothers” who accuses us before God.

**John 8:44** says *44 You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, **not holding to the truth, for there is no truth in him.** When he lies, he speaks his native language, **for he is a liar and the father of lies.***

#### How he speaks to us:

Do this. You deserve it. If you will do it, say it, go there, try this - these things are the answer to your desires. If you do this...you'll be....fill in the blank. (satisfied, content, happy, rich)

Then after you fall into sin.... How could you...you are disgusting, a fraud...if people knew who you really were...you're supposed to be a Christian...God is disappointed in you.

**He uses shame to trap you. Then keep you in prison to that shame.**

Before sin the bible says in Genesis 2:25 - Adam and eve were naked and unashamed.

**Genesis 3:7-13** - *7 Then the eyes of both were opened, and they knew that they were naked. And they **sewed fig leaves together and made themselves loin cloths.** 8 And they heard the sound of the Lord God walking in the garden in the cool of the day, and **the man and his wife hid themselves** from the presence of the Lord God among the trees of the garden. 9 But the*

Lord God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." 11 He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" 12 The man said, "**The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.**" 13 Then the Lord God said to the woman, "What is this that you have done?" The woman said, "**The serpent deceived me, and I ate.**"

### **SHAME CAUSES US TO**

1. Cover up
2. Hide
3. Blame

Shame and blame causes us to connect what we did to who we are.

**So what do you do to get a healthy soul? A shame-free soul?**

### **1. CONFESS TO GOD FOR FORGIVENESS**

**1 John 1:9 - 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**

### **2. CONFESS TO PEOPLE FOR HEALING**

**James 5:16 says - Confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.**

**Whatever we conceal has power over us. Whatever we reveal we have power over.**  
You don't have to tell everybody everything but you need to tell some things to somebody.

**Proverbs 28:13 NLT - People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.**

### **3. LIVE IN THE LIGHT**

**1 John 1:5-7 - 5 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. 6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.**

**The key to moving from a shame filled life to a shame free life is allowing the light of God into every area of your soul.**

*God's light is tender. Not harsh. As you trust him with your pain, your faults, your mistakes...He gently shines His healing light into your soul.*

**Romans 8:1 - There is therefore now no condemnation for those who are in Christ Jesus.**

**Psalms 139:23-24 NLT - 23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.**