

1 ■ CODEPENDENCE WORKSHOP

Chapter 7

2 ■ REMOVING THE POWER OF SHAME

God is in the business of restoration. It is through the life of His Spirit that we are brought back to wholeness. Nothing that has occurred in our past is allowed to have sovereign reign in our life when we summons the God of the Universe for assistance. Those pieces in our life that have been broken, empty or invalidated are precious to God. The bible tells us how God is intimately involved with our pain. "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." (Psalm 56:8) How amazing to realize that God has His own "inventory" of each one of our burdens. Imagine - He already authored a list that records our tears, not our wrong doings! It is with that understanding of the mercy and compassion of God that we are able to deal with the issues in our life. God's love towards us enables us to step out in faith and seek redemption. In fact, we are promised that there is nothing that can separate or take away the love of God, in the past, present or future, including the experiences we have had in our life. (Romans 8:38-39)

3 ■ FACING SHAME

- The lists reveal the pain, the sin, the trauma, etc.
- Behind each inventory item lies a deeper underlining message – something that was sent into our life.
- We need to see how and if we received that message as truth and how we have responded to the act of violation or pain. (self loathing, anger, resentment, pity, etc.)
- Getting to the heart of what is driving our life is the key to life-long freedom.

4 ■ WHAT IS SHAME?

- Sense of feeling we "missed the mark", we failed or we didn't measure up to a standard.
- It accompanies a feeling of being "dirty" and unacceptable
- Shame disrupts a sense of normalcy and reeks havoc on our ability to be healthy and whole.
- Satan will work hard to accuse, torment and make us believe we don't measure up to God's standard, and therefore drive feelings of worthlessness, hopelessness, grief, depression and chronic anxiety. When Satan captures our minds through these shame messages, he in essence has control over our life.

5 ■ SHAME ENTERS BY NOT MEASURING UP TO STANDARDS BY OTHERS, SELF OR GOD

- Most codependents feel "not good enough"
- Basis for standards is derived from other people and other systems
- Systems include skewed self expectations, family systems, relationships, culture and church

6 ■ MEASURING BY STANDARDS

- When we live life by standards around us, either we will be "too good" or "not good enough" (pride)
- This lifestyle can lead to being extremely judgmental countered by extreme self loathing
- Hanging out with unhealthy people can be a method of "lowering the bar of expectation" so I can feel better about myself

7 **THE PROPER STANDARD**

- One of the key goals in this process is that we come into contact with one standard – Jesus Christ.
- The measurement of His standard is realized in His grace – it's Him that makes us sufficient
- This may not happen at this point, but hopefully it eventually will occur as we go through this process

8 **SHAME ENTERS THROUGH NOT DEALING WITH SIN BIBLICALLY**

Condemnation, guilt, and shame are tactics used by the Enemy to prevent us from seeking God's remedy and the power of His Holy Spirit.

- Guilt - a sense that we violated something or someone, either by what we did or did not do
- Shame - a sense of unworthiness whereby we feel we are unacceptable to God and others
- Condemnation - a sense of being "damned." It stands in complete opposition to salvation

9 **TABLE 6: GOD'S CONVICTION VERSUS GUILT/SHAME**10 **SHAME ENTERS THROUGH VIOLATIONS BY OTHERS**

- Sins of others are like "dirty hands" being wiped all over us.
- We need to come into contact with the message the violation spoke into our life
- We need to recognize abuse at all levels

11 **ABUSE**

- Physical abuse
- Sexual abuse
- Mental abuse
- Emotional abuse
- Abuse by neglect of legitimate needs
- Spiritual abuse

12 **VICTIM CYCLE**

- Believe Abuse is Deserved.
- The Cycle of Enablement
- The "I Am a Victim" Mentality.

13 **DEALING WITH VICTIM MENTALITY**

- A chronic victim needs love, but firmness
- Needs to face self accurately
- Some victims don't want to be set free, and continually set themselves up to be the victim again
- The abuse cycle is serious – needs more specific work

14 **PASSING ON SHAME**

- Sadly, when we carry shame, we unknowingly will impute it on others.
- Shame often is carried from one generation to the next.
- We will be learning how to rid shame in the next two chapters
- Whatever is in our hearts, good or bad, will be poured out on others
- Whatever is in other people's hearts, good or bad, will be poured onto you
- Resentments are one way to deal with it – forgiveness is another. We have a choice