

Guilt Versus Shame¹

	GODLY SORROW (GUILT)	ACCUSATION (SHAME)	OVERCOMING SHAME
SOURCE	Conviction of the Holy Spirit (John 16:7-8)	Accusations from the enemy , or shame (Revelation 12:9-10)	--The blood of the Lamb --The word of their testimony --Death to self/old ways (Revelation 12:11)
STRATEGY	Repentance over wrong behavior (2 Corinthians 7:9)	Meditation on lies (2 Corinthians 10:5a)	Capture wrong thoughts (perceptions/schemes - 2 Corinthians 10:5b)
GOAL	Forgiveness, cleansing (1 John 1:9)	Isolation (John 3:20)	Practice truth (John 3:21)
RESULT	Salvation (safety, deliverance, health – 2 Corinthians 7:10)	Death (bondage to performance or to sin - Romans 8:2b)	NO CONDEMNATION! (Romans 8:1,2a)

¹ Colleen Stortvedt, *On the Road to Freedom* (Kearney, Nebraska: Morill Publishing, 2010), 186. Adapted from a chart found in *Helping Victims of Sexual Abuse* by Lynn Heitritter and Jeanette Vought, 144.

Guilt	Shame
<p>Specific, freeing Addresses changeable behaviors (what I did) Forward movement, taking responsibility</p> <p>Examples of guilt: Breaking a law/committing a crime Violating God’s standard Tension, remorse, regret Confession, reparation, apology “<i>In this situation</i> you...” “To make it right you can...”</p> <p>One feels empowered to grow and change.</p> <p>Sources of guilt: Holy Spirit conviction One’s own conscience Others confronting one’s sin Conviction through God’s Word</p> <p>Guilt is completely resolved once sin is confessed and turned from.</p>	<p>General, oppressive Attacks character, personhood (who I am) Makes one want to give up, defend, blame</p> <p>Examples of shame: “There’s something wrong with you” “You are inferior, defective, bad, dirty, inadequate, unworthy, invalid, useless” Self-condemnation, sorrow, pain “You’ll <i>never</i>...” “You <i>always</i>...” “You <i>should</i>...”</p> <p>One feels small, exposed, powerless.</p> <p>Sources of shame: <i>Others</i> Actions, body language Words (direct or insinuations) Tone of voice <i>Self</i> “You idiot...” “I’m such a loser...” One’s feelings What one <i>imagines</i> others are thinking</p> <p>Shame only gets worse and stinkier.</p>

2 Cor 10:5 – Two things we are fighting against:

1. False speculations (arguments): accounting term.

$$\begin{array}{r} 2 \\ +2 \\ \hline 7 \end{array}$$

Satan wants us to come to the wrong conclusion:

- By misinterpreting the facts (applying the wrong formula)
- By twisting the facts
- His conclusion is always a shame message.

2. Lofty things raised up against the knowledge of God (pretensions).

Anything that will create a barrier between us and God.

- Lies about His view of us
- Lies about His goodness or sovereignty

