

THE REAL STORY

WHAT ARE YOUR EMOTIONS TELLING YOU?

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"SHAME (YOU'RE NOT WORTHY)"

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PSALM 32:1-11 (NLT)

SERIES PREMISE: Our emotions are like smoke from a fire... they tell us what's going on in our heart.

INSIGHT: Shame has been called the hidden epidemic.

INSIGHT: Shame tells us we may be forgiven but still not worthy.

I. CLARIFYING SHAME AND GUILT

INSIGHT: What society celebrates in public cannot mask the reality that shame is eating us alive.

TRUTH: Guilt is the tool of the Holy Spirit to bring us to brokenness and a life change. Shame is the tool of Satan to put us in a pit in which we lose hope that life could be better, because of what we've done.

INSIGHT: Guilt tells us we need forgiveness. Shame tells us we'll never be free of guilt.

II. THE INESCAPABLE PURSUIT OF GOD FOR OUR SIN

INSIGHT: Today is about tearing down any wall of shame so you can walk with God and find joy in living (Psalm 32:3-4).

III. SHAME MAKES US MISERABLE.

IV. CONFESSION MAKES US JOYFUL.

TRUTH: As long as you conceal your sin, you will be miserable.