

EPISODE: 413

TITLE: **How the Gospel Speaks to Guilt from Shame**

Understanding how these two emotions differ is critical for your emotional health and for all of your relationships. One is healthy, the other is deadly!

Here are three key things to believe and consider about guilt and shame...

1. **Guilt is a feeling of discomfort about something we've done that is objectively wrong.** Guilt is helpful – it's holding something we've done or failed to do up against our values and beliefs, and feeling psychological discomfort. Shame is the intensely painful feeling or experience of believing that **we** are flawed and therefore unworthy of love and belonging. Something we've experienced, done, or failed to do makes us "less" as a person.
2. **There is no shame or condemnation in Christ (Romans 8:1).** Jesus took all of our sin and shame upon himself on the cross. We now get to live in light of his perfect life and righteousness. When the Father looks upon us, he now sees Jesus. If you are living with shame connected to your past actions or choices, you are not believing the full truth of the Gospel. Your identity and worth is not based on what you DO or don't DO, it's based on Christ!
3. **Think back to the last time you felt bad about something you said, did, or didn't do.** Did you see this as a mistake or bad choice, as proof that **you** are messed up, or both? Consider sharing this with a trusted friend that can then help you speak the truth of your identity, worth, and God's great love over you and that situation. Ask the Holy Spirit to grant you repentance (a new mind) that you may live in light of who God says you are and move forward in freedom.

**In light of this topic, you may also enjoy: If you are interested in being in coaching and mentorship with Caesar and his wife Tina, to learn a lifestyle of discipleship and mission, new cohorts are beginning soon. Start experiencing greater spiritual freedom and relational peace today!**

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Thanks for listening... we'll see you in the next episode!

*~Caesar*