



Freedom from Shame-Based Lies

By Brian Childres

How we view ourselves determines everything in our lives. God has made it clear who we are in Christ. Our true identity is amazingly wonderful and yet sometimes we choose not to believe these awesome truths. Sometimes we choose to believe stupid lies about who we are at our core. This is the essence of shame.

Shame is not the emotional destruction that occurs because of past words or past sins

committed. Those events are in the past and cannot touch us today. The only things that can cause shame today are the lies that we currently believe. A person may feel like they are a terrible spouse because of their infidelity two years ago. But the pain today is solely from believing the simple lie: "you are a terrible spouse."

Shame is a nasty monster that will lead to despair, self-hatred, and depression. The good news is that it can be easily destroyed.

Process:

Confirm with the person that they are carrying shame: condemnation, self-hatred, refusing to forgive themselves, feeling about themselves in a negative light. Ask permission to lead them into freedom from shame.

Confirm the painful event, either they sinned or were sinned against. Explain that past events have no power



over us today, only the lies that we choose to believe about those events.

Build a prayer altar. Ask them to kneel. Explain that there are six core lies that form the basis of all the crazy untruths that bombard us and cause shame. Read them slowly and let them sink in. Read them again.

The six core lies of shame:

Incompetent:

I don't have what it takes to fulfill God's will for my life.

Unlovable:

No one can love me or has a desire to love me. There is nothing in me that can bring deep enjoyment to others.

Unable to love:

I don't have what it takes to fully love another person, to touch their deep heart.

Unworthy:

My past sins and past wounds have eroded my value as a man. I am no longer pure, valuable, or righteous because of my past.

Powerless:

I am stuck in my despair and circumstances, and always will be. Nothing will ever change in my life.



Perfection:

I must succeed in ALL things in order to be loved and accepted by God or others.

Ask God to reveal which lie the person has chosen to believe. [Silence] Put the list in front of them if necessary and wait until they identify the lie.

Interrogate the lie if necessary:

- ☐ When did you start believing this lie?
- ☐ What does this lie cause in you?
- ☐ Are you ready to stop believing the lie?

Explain that “God wants to speak His truth to you, about who you are. This truth will destroy the lie. Are you willing to be still and listen for His truth?” [Silence]

Allow the person to speak when ready. Ask, “What else is God saying?” This is where breakthrough happens. He must put a voice to this truth. This truth must get huge in their heart to override the lie. The more declaring that is done, the better.

When God's work is complete, ask the others present to pray and affirm the truth into them. Make it simple and fierce:

“You are ____!”



We have discovered that men can only be spiritually healthy when they are intimately connected with other men. Once this connection takes place, spiritual growth accelerates. Husbands begin to love and serve their wives. Dads begin to spend more time with their children. The local church benefits greatly: more mature and committed leaders.

We have witnessed many churches be greatly impacted by men relationally discipling other men. The ripple effect can be huge. Whether you choose to host a Men's Bootcamp or start a new SPAR Group, spiritual renewal is just waiting to happen. Men are hungry for discipleship opportunities that make them come alive. Let us serve you!

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