

SERMON NOTES

Overflow - Week 3
Unashamed Hope

February 2-3, 2019

Both the man and his wife were naked, yet felt no shame. (Genesis 2:25 CSB)

Dealing with Shame

1. _____ I will put on a mask to pretend and outperform my shame.
2. _____ I will bully and lay my shame onto someone else, so they feel my pain.
3. _____ I will numb the shame with drugs, alcohol, pornography, etc.
4. _____ "It's not my fault."
5. _____ "If this is what I feel, this is what I am, and it's all I will be."
6. _____ "There is no God. No truth. Therefore, I'm okay. You're okay."
7. _____ "I must find a way to end the pain."
(Self-abuse, Self-destruction, Suicide)
8. _____

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. (Hebrews 12:15 NLT)

Hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:5 ESV)

Live the Overflow: Share with someone an area of your past you need to empty to be filled.