

HEALING SHAME
MARK 1:40-45



Healing Shame

- Katie, in New York City
 - Did you hear any of these thoughts in Katie's story
 - "I am a bad person"
 - "I am not good enough"
 - "I'm worthless"
 - "I'm a fool"
 - "I deserve this shame"

Healing Shame

- Guilt and shame go hand in hand when starting their journey through you
 - Guilt has to do with conduct – committed an offense, violated a law, done something wrong
 - Guilt is being responsible for having done something wrong
 - Guilt tempts to shift blame
 - ❖ Remember Adam, Eve, and the Serpent
 - Guilt requires repayment or restitution or forgiveness – a real concrete way for dealing with it

Healing Shame

- Guilt and shame go hand in hand when starting their journey in you
 - Shame is a painful feeling of being dirty, tainted, humiliated, somehow less worthy
 - Shame has power – emotional, spiritual, and physical
 - Shame is that feeling of being exposed – what done, where you come from, who I am
 - Shame carries a sense of being dishonorable, unacceptable, unlovable, and unworthy
 - Shame tempts us to hide

Healing Shame

- Guilt and shame go hand in hand when starting their journey in you
 - Shame is a painful feeling of being dirty, tainted, humiliated, somehow less worthy
 - Shame is like cancer we sense in our bodies, but we try to ignore it and hope it goes away
 - Shame is a stain that requires deep cleansing

Healing Shame

- Again and again in the Psalms, King David cries out to God about his shame
 - **Psalm 44:15 NIV**, 15 I live in disgrace all day long, and my face is covered with shame. (*While running from King Saul*)
 - **Psalm 25:1-2 NIV**, 1 In you, Lord my God, I put my trust. 2 I trust in you; do not let me be put to shame, nor let my enemies triumph over me.

Healing Shame

- We see guilt and shame entering mankind in Genesis
 - **Genesis 3:7 NIV**, Then the eyes of both of them were opened (*guilt*), and they realized they were naked (*guilt needed dealt with*); so they sewed fig leaves together and made coverings for themselves.
 - **Genesis 3:8 NIV**, Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid (*shame which brought fear of being exposed*) from the Lord God among the trees of the garden.

Healing Shame

- As Christians most of us know how to deal with guilt
 - We come to God, confess our sin, repent of that sin, and ask for forgiveness on account of Jesus' death on the cross
 - But what about the shame that tends to linger
- As we read our main Scripture this morning, listen for shame being exposed and healed

Scripture

- **Mark 1:40-45 ESV**, 40 And a leper came to him, imploring him, and kneeling said to him, “If you will, you can make me clean.”
 - Luke 5 says, “He was full of leprosy”
 - Notice the leper does not ask to be healed
 - Forgive me of whatever sin I committed that placed this curse upon me
 - Make me clean or acceptable before God
 - Make me clean or acceptable within my community and family
 - In essence he is asking to be set free

Scripture

- **Mark 1:40-45 ESV**, 41 Moved with pity (*compassion*), he stretched out his hand and touched him and said to him, “I will; be clean.” 42 And immediately the leprosy left him, and he was made clean.
 - Notice it was not the man’s faith that moved Jesus into action
 - Everyone there knew he was a leper
 - It would have been like the parting of the Red Sea when this man begins walking into the crowd
 - Jesus touched him – how long had it been since he has been touched by another human, been accepted

Scripture

- **Mark 1:40-45 ESV**, 41 Moved with pity (*compassion*), he stretched out his hand and touched him and said to him, “I will; be clean.” 42 And immediately the leprosy left him, and he was made clean.
 - In an instant the leper was no longer a leper, there was a change of status
 - The physical effects of the leprosy were completely reversed as he was made whole, both inside and out, modern medicine cannot do this
 - The physical effects of his leprosy were removed but what about the shame associated with it from within the religious structure and society and being obedient to the Old Testament Law

Scripture

- **Mark 1:40-45 ESV**, 43 And Jesus sternly charged him and sent him away at once, 44 and said to him, “See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them.”
 - **Message**, Jesus dismissed him with strict orders: “Say nothing to anyone. Take the offering for cleansing that Moses prescribed and present yourself to the priest. This will validate your healing to the people (*priests*).”
 - Notice the word “sternly” – with great force and authority
 - These were commands given by Jesus with the expectation of obedience
 - If you want to be truly free, follow and obey my commands

Scripture

- **Mark 1:40-45 ESV**, 43 And Jesus sternly charged him and sent him away at once, 44 and said to him, “See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them.”
 - The leper is physically healed, the guilt is taken away, but he still carries the shame or the label of leper
 - “Say nothing yet” – it will hinder Jesus’ ministry to others
 - Jesus did not want accused of setting the Old Testament aside
 - Jesus desired a proven miracle to the priests and people
 - Jesus desires this leper to be set free physically but also emotionally and spiritually
 - To remove the label the shame, the leper needed to be declared clean

Scripture

- **Mark 1:40-45 ESV**, 45 But he went out and began to talk freely about it, and to spread the news, so that Jesus could no longer openly enter a town, but was out in desolate places, and people were coming to him from every quarter.
 - The actions of the leper indicate that to him Jesus was Lord
 - “kneeling before him” – face to the ground as an act of humility and unworthiness, lesser to greater in that culture desiring something from them
 - But there is no indication that the leper followed the commands of Jesus
 - We can be declared free from our sin debt through salvation but never really live out our freedom when we allow shame to stay hidden

Everything within this leper was telling him to hide, stay away, to not take the risk of being rejected again

- Does this not sound like shame?
 - Keep it hidden, bury it deep, don't think about it, hope it stays down, maybe I'll forget about it, maybe it will just go away in time
 - The leper did not know what Jesus or the crowd's reaction would be and that was the spookiest part of this
 - Would the crowd throw rocks at him driving him away, reject him as in the past
 - Would they judge him and hinder him coming to Jesus

Everything within this leper was telling him to hide, stay away, to not take the risk of being rejected again

- He had heard of Jesus' healings, maybe seen from afar
 - **Mark 1:32-34 NIV**, 32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.
 - Would Jesus do this for me or just turn me away like everyone else
 - Everyone feared and rejected him, but he saw hope in Jesus

Everything within this leper was telling him to hide, stay away, to not take the risk of being rejected again

- Most times the fear of rejection or ridiculed is what keeps shame buried
 - Shame must be allowed to rise to the surface and named before it can begin to be dealt with
 - Just as an alcoholic must admit they are one

The leper took his shame to Jesus and let Him touch him

- How could Jesus understand shame since He was sinless?
 - They tried to shame Jesus for being illegitimate
 - **John 8:19 NIV**, 19 Then they asked him, “Where is your father?”
 - **John 8:18 NIV**, 48 The Jews answered him, “Aren’t we right in saying that you are a Samaritan and demon-possessed?”
 - **John 8:41 NIV**, 41 “We are not illegitimate children,” they protested.

The leper took his shame to Jesus and let Him touch him

- How could Jesus understand shame since He was sinless?
 - **Hebrews 12:2 NIV**, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
 - **Deuteronomy 21:22-23 ESV**, 22 “Now if a person has committed a sin carrying a sentence of death and he is put to death, and you hang him on a tree, 23 his body is not to be left overnight on the tree, but you shall certainly bury him on the same day (for he who is hanged is cursed of God), so that you do not defile your land which the Lord your God is giving you as an inheritance.
 - This is what the Jewish people saw as Jesus hung on the cross.

The leper took his shame to Jesus and let Him touch him

- How could Jesus understand shame since He was sinless?
 - **Isaiah 53:3 NIV**, 3 He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised (*think of the leper*), and we held him in low esteem (*shame*).
 - **Isaiah 53:5 NIV**, 5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed (*cleansed, made right with God*).
 - Jesus understands your shame, accepts your shame, and bore it for you on the cross
 - Just as there is forgiveness for sins on the cross there is healing for shame

See yourself through the words and truth of Scripture

- The Nation of Israel had crossed the Jordan River into their promised land
 - After all those years as slaves in Egypt and looked upon as second rate people, not worthy to be citizens of Egypt
 - The other nations had looked at them as “just a bunch of slaves”, nothing of value or deserving or attention
 - They disobeyed God and had to wait in their shame in the desert another 40 years
 - This is who they were until this day

See yourself through the words and truth of Scripture

- The Nation of Israel had crossed the Jordan River into their promised land
 - **Joshua 9:5 NIV**, 9 Then the Lord said to Joshua, “Today I have rolled away the reproach of Egypt from you.” So the place has been called Gilgal to this day.
 - Hebrew phrase “rolled away the reproach of Egypt” carries the idea of “freedom from scorn, shame, and indignity of slavery”
- As a born-again Child of God, Jesus has rolled away your shame just as He has rolled away your sin
 - This is who you were but after salvation now we are “new creations”
 - We have been cleansed, accepted, and set free
 - Now be set free in your mind, emotions, shame

See yourself through the words and truth of Scripture

- It does not matter what the world calls you, your past calls you, or what fears call you
 - There is only one thing that matters, “What does Jesus call you?”
 - **John 15:15 NIV**, 5 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends.

Healing Shame

- Healing of shame is not a one-time event like salvation
 - It is a daily fight to allow the Holy Spirit to bring the truth of God's Word into your thoughts and emotions
 - **Philippians 4:8 NIV**, 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
 - Jesus is Lord of your past just as much as He is Lord of your today and Lord of your future

Healing Shame

- Jesus is Lord of “who you are”; Not your past, Not society, Not your haters including yourself
 - Begin to see yourself through the eyes of your Heavenly Father
 - Part of the reason we don’t experience lasting results is because our efforts to change never reach the level of our identity
 - Realize, we don’t simply change by adjusting what we do – we change by understanding who we are
 - Our thoughts and core beliefs about ourselves, about others, and about God can either help or hinder our efforts to change

Healing Shame

- The Bible says, “let God transform you into a new person by changing the way you think and respond”
 - **Romans 12:2 NIV**, Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
 - **NCV**, Do not be shaped by this world; instead be changed within by a new way of thinking.
 - Shame no longer has dominating, “you can’t do anything about it” power over you
 - You have been truly set free in Christ Jesus

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