

Identifying the Roots of Shame and Insecurity

Lesson 4

In the first three lessons you have learned:

1. Why identity matters and how it effects every single relationship in our lives.
2. The signs and symptoms that could be related to a broken identity.
3. Your IF and where you fall on the pendulum of wearing the world's labels or being steady in the reflection of Christ.
4. To identify those situations or people that trigger your feelings of shame and insecurity.

Today, we will explore where our roots of shame and insecurity lay and I will provide you with several resources to help you dig deeper.

As a little girl, she was stuck in the middle of violent custody battles. The brokenness of the adults in her life dominated her existence. She was forced to choose again and again who she loved and to whom she would show allegiance.

But the problem was that she loved them all. She didn't want to hurt anyone. She wanted to make it right. But her tender young spirit couldn't bear being the target of their overflowing anger. No matter which way she turned or which decision she made, she inevitably was wrong. Developing a coping strategy was her hope for survival.

So she learned to lie in order to please those she loved. And when confronted with the lie, she learned to run.

As a woman she began to recognize her tendency to lie in order to people please. She recognized her propensity toward anxiety and busyness instead of confronting issues and situations.

But there was something she didn't recognize.

It was that her identity and worth were all tied together with the emotional issues she faced.

Because knowing how incredibly valued we are by the Father makes all the difference. When we grasp His unfailing love and that He calls us chosen and worthy, we no longer need to fear the angry words of another. We no longer need to carry the labels of the broken in our lives. We have the opportunity to replace a broken identity with one that is whole. Unshattered. One that propels us toward our purpose and toward living fully in freedom and victory.

So for this woman, trying to curb the lying while finding remedies for anxiety only put a band aid on the real wound. The wound of a broken identity. What she needed was to find the root of that wound. From there, healing could truly begin.

Could you be in a similar situation? Maybe you have come to recognize the areas where your weaknesses lay and you are working diligently at changing your behaviors. You have been persistent and self-disciplined, yet you have not found relief. The problem areas continue to surface. They return. You just can't seem to move on.

Could it be because of a wound laying beneath the behavior? Could you be carrying around false guilt over something over which you had no control? Are you still trying to make up for something you once did or redeem something once did to you? Are you trying to earn approval? Earn love?

Friends, we all have wounds from the past. Some deeper than others. Yet the enemy wants to use them hold us back just short of victory. Just short of reaching our God-given purpose. He wants to keep us stuck.

It's time. Time to surrender those wounds. Surrender the pain, the anger, the bitterness, and the resentment. It is time to surrender everything to the One who redeems. And it is time to trust that He will make good out of what the enemy meant for harm.

Friends, just like the woman in the Bible who risked everything to wash the feet of Jesus. We, too, must put all our hope in Him and believe that if we can lay it all at His feet, He will wash our sins away. Because He loves us and because He conquered death at the cross, we are forgiven. He will reach into where the deepest hurts lay and give peace. He will heal and restore.

This part of the course is a difficult one. It's one that can dredge up things you'd rather never visit again. Depending upon your experiences, this may be where you need to commit to seeing a professional counselor. I am not that. I am a life coach, equipped to help you see the "more" available through Christ and encourage you toward that purpose. Because of my personal life story, I understand the deep pain of both that which was inflicted upon us and that which we inflict upon ourselves. I know what it is like to believe lies. And I know what it is like to live burdened by shame and insecurity.

I needed the counseling. It was an important piece of the healing. But it wasn't all of it. I needed to know Jesus well and the only way to do that was to know His Word and be in communication with Him through prayer. Healing is available. It takes the willingness to surrender and trust, as well as the self-discipline to do the right things. The fact that you are here right now shows you have that self-discipline. I am cheering you on each step of the way!

Books I Recommend:

Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection by Edward T. Welch

The Lies We Believe by Dr. Chris Thurman

The Gifts of Imperfection by Brené Brown

Battlefield of the Mind by Joyce Meyer

Captivating: Unveiling the Mystery of a Woman's Soul by John and Stasi Eldredge

The Mended Heart: God's Healing for Your Broken Places by Suzanne Eller

Wounded by God's People: Discovering How God's Love Heals Our Hearts by Anne Graham Lotz

I am Found: Quitting the Game of Hide and Seek with God and Others by Laura Dingman

Approval Addiction: Overcoming Your Need to Please Everyone by Joyce Meyer

So Long Insecurity by Beth Moore

Peace for a Lifetime: Embracing a Life of Hope, Wholeness & harmony Through Emotional Abundance by Lisa Murray

You're Already Amazing by Holley Gerth

Uninvited by Lysa TerKeurst

Without Rival by Lisa Bevere

Becoming Myself by Stasi Edredge

Fear Fighting by Kelly Balarie

Live Full Walk Free by Cindy Bultema

Journal Pages

With this lesson, I am providing journal pages with Scriptures at the top to remind you of your true worth. There are four pages with four different Scriptures at the top of each.

Prayer

Heavenly Father, Today we come to you with our hearts tender and our wounds bared more than usual. But we know that in this place of authenticity, You do the work of healing. Of redemption. Lord, we pour out every bit of our pain to you. The pain from our own choices and the pain over which we had no control. And Lord, we ask for your forgiveness. For your healing. We know we have work to do. There's self-discipline required because it isn't always easy to fit in time with you and in Your Word. Or for extra reading or counseling. But we know that is part of our journey to wholeness. And we know that when we make You our priority, all the other pieces of our days fall into place. Thank you for loving us enough to reach into the darkest places of our lives. Thank You for relentlessly loving us. We love You and praise You. In Jesus' name we pray. Amen

In the Next Lesson

You will learn about belief systems. Through coaching questions, you will be challenged to acknowledge and adjust those belief systems.