

DEVOTIONAL

Hollywood Prayer Network

SHAME

This week's study on SHAME should be full of surprising revelations – insightful in showing how to avoid experiencing the heavy burden of shame, and practical in sharing how to pray for others to be free of shame. Feeling shame is a warning, like touching a hot stove; IF you are full of shame THEN you stop what you're doing and make different choices. Anyone can live shame-free!

DAY 1

SHAME, GUILT, AND DISGRACE CAN OVERWHELM US

"I FEEL SHAME, NOT FOR THE WRONG
THINGS I HAVE DONE, BUT FOR THE RIGHT
THINGS THAT I HAVE FAILED TO DO."

-MARCEL DUCHAMP

New International Version

Job 10:15

If I am guilty—woe to me! Even if I am
innocent, I cannot lift my head, for I am full
of shame and drowned in my affliction.

Isaiah 50:7

Because the Sovereign Lord helps me, I will
not be disgraced. Therefore have I set my
face like flint, and I know I will not be put to
shame.

DAY 1

PRAY: Dear Sovereign Lord, I need You to rid me of the shame that I am living in right now. Forgive me and make me clean. I don't want to drown in my affliction, so please set my face like flint. I don't want my face covered in shame, but to hold my head up high, with confidence in You! Thank You for forgiving me for everything in my life that is displeasing to You. Help me to forgive myself – even if others don't forgive me! I will not be disgraced, for with You I will not be put to shame. Amen.

REFLECT: So many people spend their whole life in fear, doubt and shame, even when they're innocent. Imagine the shame carried by those who have done terrible, hurtful things to others, or to God? Separate yourselves from worldly influences and from selfishly seeking personal gain. Be loyal to God and His Truth above all else. "Set our face like flint." Be disciplined, focused to follow in Jesus's footsteps. Regardless of what you've done in your life, whether you're innocent or guilty, God does not want you to carry shame. Know that the Sovereign Lord helps us so that we are not put to shame.

DAY 1

ACT: Do these verses ring true to you? Regardless of how bad your sins or guilt are, if you carry shame, you are crippling yourself. This is the week to rid yourself of that shame. You can end this week as a new creature, full of confidence in Him, with a clean heart and hope for the future, but you have to “set your face like flint.” Turn right now to your Sovereign Lord and ask Him to define your shame and then remove it. Tell Him you accept His forgiveness, and know that you will no longer be put to shame! This is the week to walk away from shame.

DAY 2

GOD CHOSE THE FOOLISH AND THE WEAK

"I JUST FEEL COMPELLED TO CONTINUE TO BE TRANSPARENT. IT JUST REALLY LEVELS THE PLAYING FIELD AND ERADICATES THE SHAME THAT I HAVE, OR THAT ONE MIGHT HAVE, ABOUT BEING HUMAN. SO I'M GOING TO JUST KEEP GOING."

-ALANIS MORISSETTE

New International Version

1 Corinthians 1:27

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.

DAY 2

PRAY: God, I love this verse! You can take us, even at our worst, and use us to make an eternal difference in this world. Would You choose me, as foolish as I may be, and use me to shame the wise? And choose me, as weak as I may be, to shame the strong? For "I can do all things through Christ who strengthens me!" How crazy and fabulous! Amen and Amen.

REFLECT: God doesn't see anyone as useless. He uses ordinary people in powerful ways. Sometimes the greatest impact comes from the least likely person, challenging our conviction that certain qualifications and skills are necessary to be useful to society, or to be used by God. God so believes in you that He can use you even to shame others. Can you imagine that? Shame is defined as, "a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior." If God could send Jesus as a baby in a manger instead of sending a mighty warrior from a fortress, then God can use you to change the world. He chose you to be a part of His bigger plan, to bring others to Him and to do miracles! Are you willing and ready?

DAY 2

ACT: Make a list of people who intimidate you, people whom you think are much smarter, more powerful, richer, or who have more influence than you do. Now imagine God using you to put these people to shame. He doesn't give us this verse because He wants us to make others miserable. He wants to show us how much He believes in us and can use us for His good, with all of our limitations, insecurities, and weaknesses. God wants us to be a part of His plan to touch every person's heart on the planet. Don't let people intimidate you. Pray for them and ask God to use you to melt their hearts. Have confidence in Him, not in your abilities, and know that He is pleased with you.

DAY 3

HOLD FAST TO THE LORD

"TELL THE TRUTH AND SHAME THE DEVIL."
-FRANCOIS RABELAIS

New International Version

Isaiah 42:17

But those who trust in idols, who say to images, 'You are our gods,' will be turned back in utter shame."

Daniel 12:2

Multitudes who sleep in the dust of the earth will awake: some to everlasting life, others to shame and everlasting contempt.

DAY 3

PRAY: Dear Lord, I realize that experiencing shame is a choice. Would you help me to make the right choices in my life so that I won't be turned away in utter shame! I want to wake every day to everlasting life and freedom, not shame! Help me to be a warrior in battle, Lord. I will fight to put the enemy to shame and everlasting contempt, and not be turned back in shame myself. Thank You Lord for Your love, help, and protection to give me everlasting life. Amen and Amen.

REFLECT: We are reminded in these verses again, that in order to avoid shame, we must trust in God. We should only fight if the Lord is with us and it is for righteousness. We can't trust in idols or false gods or we will be put to shame. We can either have everlasting life or everlasting contempt and shame. We make choices every single day and they all give us a different quality of life. What kind of life do you want to have? It's a matter of choice!

ACT: Is there anything in your life that could become more important than God? Can you identify any idols or false gods in your life? Try to identify them now so that you can ask God to help you rid yourselves of them. You don't want to fight unnecessary battles. You want to put the enemy horsemen to shame, not allow them to lead you to experience shame. Make choices now to live a life everlasting and free of shame. You will succeed; Trust in Him, for if God is with you, who can be against you?

DAY 4

JESUS OVERCOMES SHAME

"REPENTANCE KEEPS SIN FROM
CONDEMNING US BECAUSE JESUS DIED
AND SCORNE THE SHAME."

-MARK DRISCOLL

New International Version

Isaiah 42:17

But those who trust in idols, who say to
images, 'You are our gods,' will be turned
back in utter shame."

Daniel 12:2

Multitudes who sleep in the dust of the
earth will awake: some to everlasting life,
others to shame and everlasting contempt.

DAY 4

PRAY: Dear Lord, I realize that experiencing shame is a choice. Would you help me to make the right choices in my life so that I won't be turned away in utter shame! I want to wake every day to everlasting life and freedom, not shame! Help me to be a warrior in battle, Lord. I will fight to put the enemy to shame and everlasting contempt, and not be turned back in shame myself. Thank You Lord for Your love, help, and protection to give me everlasting life. Amen and Amen.

REFLECT: We are reminded in these verses again, that in order to avoid shame, we must trust in God. We should only fight if the Lord is with us and it is for righteousness. We can't trust in idols or false gods or we will be put to shame. We can either have everlasting life or everlasting contempt and shame. We make choices every single day and they all give us a different quality of life. What kind of life do you want to have? It's a matter of choice!

ACT: Is there anything in your life that could become more important than God? Can you identify any idols or false gods in your life? Try to identify them now so that you can ask God to help you rid yourselves of them. You don't want to fight unnecessary battles. You want to put the enemy horsemen to shame, not allow them to lead you to experience shame. Make choices now to live a life everlasting and free of shame. You will succeed; Trust in Him, for if God is with you, who can be against you?

DAY 5

SHAME IS A HEAVY BURDEN

“PEOPLE HAVE PAIN—THEY DO
REGRETTABLE THINGS, THEY FEEL SHAME,
AND SHAME EQUALS PAIN.”

-JENNIFER GARNER

New International Version

Psalms 38:4

My guilt has overwhelmed me like a
burden too heavy to bear.

Ezra 9:6

O my God, I am too ashamed and
disgraced to lift up my face to you, my
God, because our sins are higher than our
heads and our guilt has reached to the
heavens.

DAY 5

PRAY: Lord, I pray for entertainment industry professionals, and ask that You help them to lift the burden of guilt and shame from their lives. Some are so ashamed and disgraced by their choices that they can't even lift their faces to You. And Lord, please put on the hearts of Christians globally, to pray for the people in Hollywood who are creating our culture and our entertainment, to not be covered in shame – but to embrace You. They need You to give them the strength to let go of the heavy burden of shame. Thank You, in Jesus' name! Amen.

REFLECT: Shame brings so much disgrace that we sometimes can't even lift our faces. And guilt can become a burden too heavy to bear. Leaders in Hollywood need our prayers rather than judgment. Many are already overwhelmed with guilt, disgrace, and shame, just like us. God says our kings, even princes and ancestors, are covered in shame and we all need God's grace. So, catch yourself before judging the lifestyles of the people in Hollywood. They need our loving, life-changing prayers, not condemnation or anger. God loves the whole world SO MUCH that He died for everyone, even the people in Hollywood!

DAY 5

ACT: Think of one person in Hollywood whom you dislike or disagree with regarding their actions, words, political beliefs or lifestyle. Say their name as if God were calling out to them, and imagine they respond by saying this: "I am too ashamed and disgraced, my God, to lift up my face to You, because my sins are higher than my head and my guilt has reached to the heavens." Doesn't that change your perspective of that person? Can you feel their shame? Pray for them right now and ask God to lift the burden of their shame and fill them with His love.

DAY 6

REDEEMED FROM SHAME

“WHEN SECULARIZATION HAS HAD ITS FULL SWAY, IT WILL LEAVE A GENERATION DEVOID OF SHAME. AND IF YOU SHOW ME A GENERATION THAT LACKS SHAME, I WILL SHOW YOU A GENERATION THAT IS MONSTROUS IN ITS APPETITE... NEVER SATISFIED.”

-RAVI ZACHARIAS

New International Version

Psalms 25:2-3, 20

In you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse... Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

DAY 6

PRAY: Dear Heavenly Father, I trust in You. Do not let me be put to shame, and never let my enemies triumph over me. I understand shame will come to those who are treacherous without cause, so don't let me make poor choices or foolish decisions. I know there are consequences to my actions, so I put my trust in You alone. Guard my life, for You guarantee that if I hope in You I will never be put to shame. Thank You Father, for that promise. With You all things are possible. I praise You for that, in Jesus' name. Amen.

REFLECT: This verse challenges us to understand that if we trust in God, not ourselves, then we will never be put to shame. If we don't trust in God, our enemies will overtake us, we will do treacherous things, and be put to shame. That goes against what we learn in our culture. We're taught to be independent, reach our personal and professional goals above all else, and let no one stop us from succeeding. But God tells us that is the way to death, and instead we should trust Him for everything. Can you trust God with your goals, job and relationships?

DAY 6

ACT: What are you afraid to turn over to God? Your spouse? Your dream job or big house? What things have you done or said that you're ashamed of? What choices have burdened you with shame? In God's crazy divine connection between trust and shame, your choices that caused you shame are because you didn't trust God. You might have just broken through to an area of great spiritual growth and freedom. Write down this new revelation in your journal.

DAY 7

PRIDE AND FOOLISHNESS LEAD TO SHAME

“WHATEVER IS BEGUN IN ANGER ENDS
IN SHAME.”

-BENJAMIN FRANKLIN

New International Version

Proverbs 3:35; 11:2; 13:18 & 18:13

The wise inherit honor, but fools get only shame....When pride comes, then comes disgrace, but with humility comes wisdom.... He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored....He who answers before listening— that is his folly and his shame.

DAY 7

PRAY: Dear God, I want to be wise. I want to inherit honor. I don't want to feel shame. Please help me with my pride and fill me with humility. Remind me to ask for wisdom every day so that I become humble in the process. You tell us what we can do to avoid poverty and shame, so help me to not disregard discipline, but heed correction so that I am honored. Don't let me answer before listening, for that too, is folly and shame. Thank You that I can avoid shame and be wise if I keep my eyes on You and obey Your commandments. Amen.

REFLECT: The Bible is full of actions and consequences, IFs and THENs. God doesn't impose unfair punishments on us, but He did create a world with natural consequences of our choices. And one of the best examples of the natural consequences of sin is shame. IF we're foolish THEN we will experience poverty, folly, and shame. However, IF we live life God's way THEN we will be wise, and will inherit honor and be truly humble. We can't fight how God set up the world, but if we choose wisely, we can benefit from our choices and not suffer from them. What choices do you want to change?

DAY 7

ACT: Look through all of this week's seven days of verses and discover how to avoid experiencing the heavy burden of shame in your life. Make two columns: IF and THEN. In the left IF column write down all of the actions listed in the verses—from "Fixing your eyes on Jesus" to being "Treachorous without cause." Then on the right THEN column write down the consequences to those actions—from, "I will not be disgraced" to "My face is covered in shame." It will become clear how you can avoid shame. Keep the list, practice trusting in Him and using self-discipline, and watch your shame drop away.