

Monday Nights With Bill Denney

6:30pm - 8pm January 11th, February 8th, March 14th & April 11th

Bill has been helping individuals and families for the last 40 years. He will bring his expertise to examine some of the common questions we all have. He'll be answering some of the following:

How did I get this way?

Does my history matter?

How do I handle conflict?

What's the real problem in my marriage?

How can I help my kids with the tough stuff they face?

Can you help me/us with pornography, lust and all the other sexual struggles?

I feel worthless and "less than" and guilty. Can I ever get beyond this ?

last time...

We Learn...

What we practice...

we become...

And it has consequences

Bill Denney
2/8/2016

Tonight:

- Guilt
- Shame



Tonight: Guilt and shame feel the same.

- Guilt: Behavior -- what I do
 - > Guilt says: "I made a mistake"
 - > ... I sinned
 - > Remedy: confess, repent

- Shame: Identity -- who I am
 - > Shame says: "I am a mistake"
 - > ... I am a sinner
 - > Healthy sense of shame brings us back to God.

A dollar bill has value because of the government backing it.

We have value because of the God who made us in His image.

Remedy for Shame:

1. Truth.

2. Affirmation

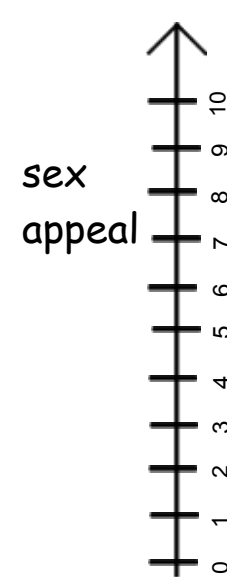
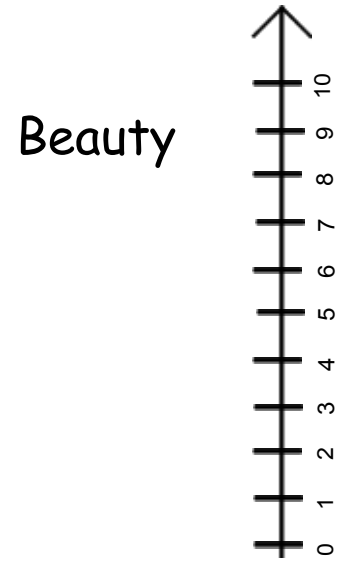
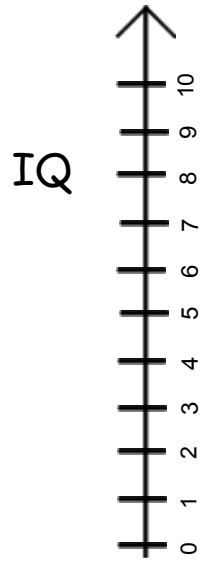
(affirm to yourself the truth about yourself)

3. Validation

You are the sole authority for how you feel and what you believe about yourself.

Romans 12:3 --

"For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned."



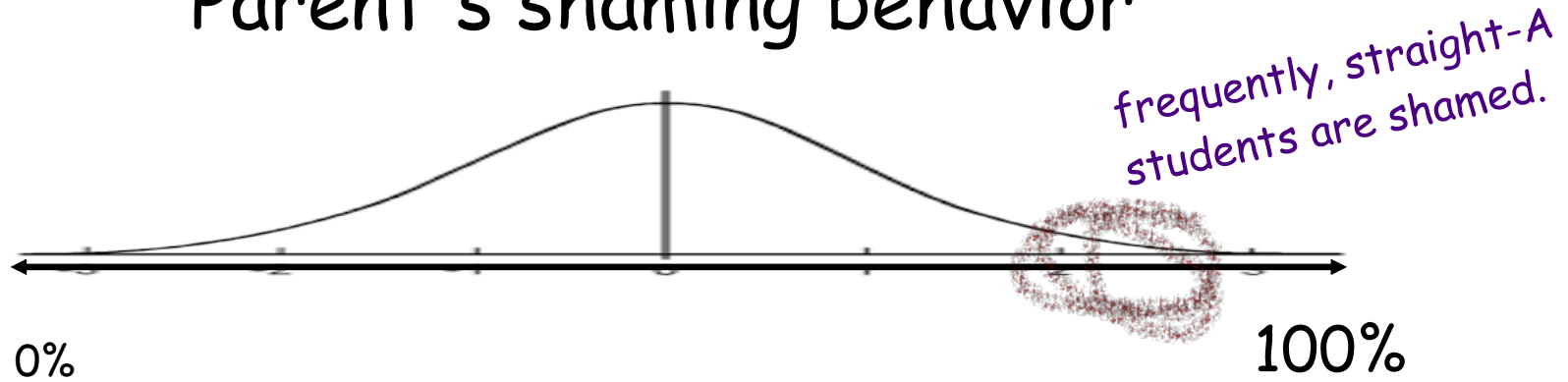
"Finally, brothers, whatever is true,
whatever is honorable, whatever is just,
whatever is pure, whatever is lovely,
whatever is commendable, if there is any
excellence, if there is anything worthy of
praise, think about these things."

-- Philippians 4:8

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

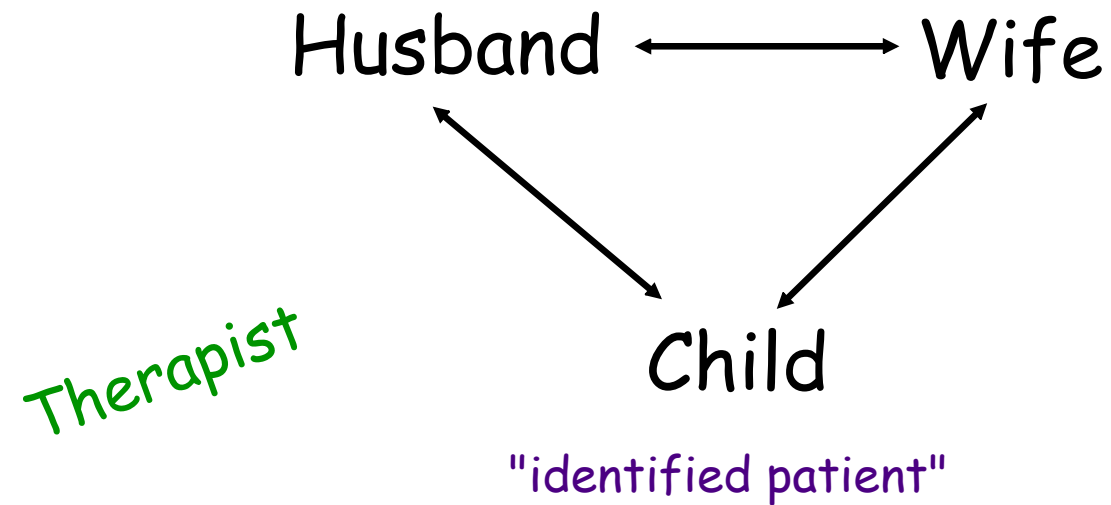
-- 2 Corinthians 5:17

Parent's shaming behavior



Family Dynamics:

(sources of problems)



Next time:
March 14 -
Parenting