

And if the bugler doesn't sound a clear sound, how will the soldiers know they are being called to battle? 1st Corinthians 14:8 NLV

First Love Ministries, Inc.

PRAYER STUDY #145

Shame Revisited

*In you, O Lord, do I put my trust; **let me never be ashamed.** Deliver me in your righteousness. Bow down your ear to me; deliver me speedily. Be thou my strong rock, for a house of defense to save me.*

Psalm 31:1-2

Mephibosheth was the son of Jonathan, David's friend, and the grandson of Saul. When he was five years old, his father and grandfather died in the battle on Mount Gilboa against the Philistines. Thus, he, who should have inherited the throne from his father Jonathan, was stripped of this position because of these deaths, and David, anointed by Samuel, became the king. In the rush to protect Mephibosheth from being killed and in the confusion of the day because of the fierce battle, the nurse grabbed Mephibosheth and ran to hide and protect him. In her haste she dropped the boy causing him to injure both feet and become lame for the rest of his life. Those in succession to the throne were usually killed by the new king so that there would be no division or attempt to overthrow the new king. Mephibosheth lived in exile until David, remembering the covenant he had made with his best friend Jonathan, called for him. In those days, anyone with any kind of mental or physical infirmity or blemish of any kind was not allowed to eat at the king's table where only the most beautiful and gifted were invited. Nevertheless, David commanded that Mephibosheth be found and given the high honor of eating at the king's table as one of the king's sons:

And the king said, Is there not yet any of the house of Saul, that I may show the kindness of God unto him? And Ziba said unto the king, Jonathan hath yet a son who is lame on his feet. And the king said unto him, Where is he? And Ziba said unto the king, Behold, he is in the house of Machir, the son of Ammiel, in Lodebar. Then King David sent and fetched him out of the house of Machir, the son of Ammiel, from Lodebar. Now when Mephibosheth, the son of Jonathan, the son of Saul, was come unto David, he fell on his face and did obeisance. And David said, Mephibosheth. And he answered, Behold thy servant! And David said unto him, Fear not; for I will surely show thee kindness for Jonathan, thy father's sake and will restore thee all the land of Saul, thy father; and thou shalt eat at my table continually. And he bowed himself and said, What is thy servant, that thou shouldest look

upon such a dead dog as I am? Then the king called to Ziba, Saul's servant, and said unto him, I have given unto thy master's son all that pertained to Saul and to all his house. Thou, therefore, and thy sons and thy servants shall till the land for him, and thou shalt bring in the fruits that thy master's son may have food to eat; but Mephibosheth, thy master's son, shall eat always at my table. Now Ziba had fifteen sons and twenty servants. Then said Ziba unto the king, According to all that my lord, the king, hath commanded his servant, so shall thy servant do. As for Mephibosheth, said the king, he shall eat at my table, as one of the king's sons.

Mephibosheth's name means *DESTROYING SHAME*. He represents those who have been delivered from great shame by being invited to the Heavenly King's Table to eat. You may have really blown it spiritually and otherwise and be carrying great shame because of your past. The Lord is offering you forgiveness and freedom, but you have to receive it.

Dale and Juanita Ryan define shame in contrast to guilt: *There is an important difference between guilt and shame. Guilt is part of recognizing that I have done something wrong. Guilt is a painful emotion. It can, however, be a helpful emotion because it alerts us to a violation of our values and ideals. Guilt can be the first step in a process that leads to growth and change, to repentance and recovery.*

Shame, on the other hand, is not part of such a healthy process. Shame does not open a person to the possibility of change. Instead, shame is experienced as a flaw so fundamental that no hope for recovery seems possible. Shame causes people to see themselves as unlovable, unworthy and irreparable. Perhaps the most difficult tenet of the Christian Gospel to believe is that no matter how badly damaged you may seem to yourself, God see you as valuable. No matter how unlovable you may seem to yourself, God loves you. No matter how pessimistic you may be about the possibility of recovering from shame, God is eager to bring healing.

Some Scriptural Characteristics of Shame

1. **Confusion:** *We lie down in shame and our confusion covers us; for we have sinned against the Lord, our God, we and our fathers, from our youth unto this day and have not obeyed the voice of the Lord, our God. **Jeremiah 3:25***
2. **Lack of the Lord's Glory:** *As they were increased, so they sinned against me: therefore, will I change their glory into shame. **Hosea 4:7***

3. **Sense of forsakenness, of no longer connecting to the Lord:** *Fear not, for you shall not be ashamed, neither be you confounded; for you shall forget the shame of your youth and shall not remember the reproach of your widowhood any more. Isaiah 54:4*
4. **Unproductive for the Lord:** *He that gathereth in summer is a wise son, but he that sleepeth in harvest is a son that causes shame. Proverbs 10:5*
5. **Rebellion, refusal to submit to authority:** *Poverty and shame shall be to him that refuseth instruction, but he that regardeth reproof shall be honored. Proverbs 13:18*
6. **A Proud Spirit:** *When pride comes, then comes shame, but with the lowly is wisdom. Proverbs 11:2*
7. **Lack of righteousness:** *I counsel you to buy of Me gold tried in the fire, that you may be rich, and white raiment that you may be clothed, and that the shame of your nakedness do not appear, and anoint your eyes with salve that you may see. Revelation 3:18*
8. **Pain:** *Turn unto me and have mercy upon me; for I am desolate and afflicted. The troubles of my heart are enlarged. Oh bring thou me out of my distresses. Look upon mine affliction and my pain and forgive all my sins. Consider mine enemies; and they hate me with cruel hatred. Oh, keep my soul and deliver me; let me not be ashamed.... Psalm 25:16-20*
9. **Feeling of not belonging (in certain groups especially)(Example-Woman with the Alabaster Jar):** *And being in Bethany in the house of Simon the leper, as he sat eating, there came a woman, having an alabaster box of ointment of spikenard, very precious; and she broke the box, and poured the ointment on his head. And there were some that had indignation within themselves, and said, Why was this waste of the ointment made? For it might have been sold for more than three hundred denarii and have been given to the poor. And they murmured against her. Mark 14:3-5*
10. **Feeling of unworthiness (the Prodigal Son):** *I will arise and go to my father and will say unto him, Father, I have sinned against heaven and before you and am no more worthy to be called your son; make me as one of your hired servants. Luke 15:18-19*
11. **Longing to Die:** *But it displeased Jonah exceedingly, and he was very angry. And he prayed unto the Lord and said, I pray thee, O Lord, was not this my saying, when I was yet in my country? Therefore, I fled before unto Tarshish; for I knew that thou art a gracious God and merciful, slow to anger and of great kindness and*

*repentest thee of the evil. Therefore now, O Lord, take I beseech thee my life from me, for it is better for me to die than to live. **Jonah 4:1-3***

- 12. Rejection and isolation (Woman at the Well):** *Then saith the woman of Samaria unto him, How is it that you, being a Jew, ask drink of me, who am a woman of Samaria? For the Jews have no dealings with the Samaritans. **John 4:9***

How to Overcome Shame

- 1. Pray:** *Is any among you afflicted? Let him pray...**James 5:13***
- 2. Confess your faults one to another:** *Confess your faults one to another...**James 5:16***
- 3. Repent of any wrongdoing:** *Repent, therefore, of this your wickedness, and pray God, if perhaps the thought of thine heart may be forgiven you, for I perceive that you are in the gall of bitterness and in the bond of iniquity. **Acts 8:22-23***
- 4. Let go of the past:** *Remember not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall you not know it? I will even make a way in the wilderness and rivers in the desert. **Isaiah 43:18-19***
- 5. Speak life over yourself:** *You art snared by the words of your mouth...**Proverbs 6:2** Death and life are in the power of the tongue...**Proverbs 18:21***
- 6. Forgive yourself:** *And when you stand praying, forgive, if you have anything against any, that your Father also, who is in heaven, may forgive you your trespasses. But if you do not forgive, neither will your Father, who is in heaven, forgive your trespasses. **Mark 11:25-26***
- 7. Praise Him:** *Violence shall no more be heard in your land, wasting nor destruction with your borders, but you shall call your walls Salvation and your gates Praise. **Isaiah 60:18***

Mephibosheth had a choice whether to accept the king's offer to dine at his table or not. You have a choice whether to receive His forgiveness and to lay your shame on the altar. All of us have fallen short of the glory of God and failed in some way. We can wallow in our sin and shame, or we can accept the sacrifice made for us, through His blood, which says that He continually cleanses us from all unrighteousness. *(But if we [really] are living and walking in the Light, as He [Himself] is the Light, we have [true, unbroken] fellowship with one another, and the blood of Jesus Christ His*

Son cleanses (removes) us from all sin and guilt [keeps us cleansed from sin in all its forms and manifestations]. 1st John 1:7 AMP

As you are set free by faith from SHAME, I believe the Lord will bring healing to some of you, especially in the physical and emotional area. A great way to start a “life without shame” is to come to a comprehension of the love of Christ for you. If we could comprehend how much He loves us, we would be free and powerful in the Spirit of our God.

In Ephesians 3: 14-21, Paul writes: *For this cause I bow my knees unto the Father of our Lord Jesus Christ, of whom the whole family in heaven and earth is named, that (1) He would grant you, according to the riches of His glory to be strengthened with might by His Spirit in the inner man; that(2)Christ may dwell in your hearts by faith; that(3)you being rooted and grounded in love, may be able to comprehend with all saints, what is the breadth and length and depth and height, and to know the love of Christ which passes understanding, (4)that you might be filled with all the fullness of God. Now unto Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us, unto Him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.*

Isaiah writes in Isaiah 50:10: *Who is among you who [reverently] fears the Lord, who obeys the voice of His Servant, yet who walks in darkness and deep trouble and has not shining splendor [in his heart]? Let him rely on, trust in, and be confident in the name of the Lord, and let him lean upon and be supported by His God.* The Lord’s desire is to set you free from shame so that you can shine with splendor in your heart. Give your shame to Jesus and learn to rely on, trust in, and be confident in the name of the Lord.