

## God Loves You

*The One Thing: Win Over Shame*

January 7, 2024

### When you get God's love, God's love get's you!

*"See how very much our Father loves us, for he calls us his children, and that is what we are!"* (1 John 3:1, New Living Translation)

*"As Jesus was leaving the Temple that day, one of his disciples said, 'Teacher, look at these magnificent buildings! Look at the impressive stones in the walls'"* (Mark 13:1, NLT)

*Here are three hooks to hang your thoughts on when you think that God loves you:*

**1) You belong to God.**

**2) He believes in you.**

**3) He is for you.**

***First, the theological reason we don't default to resting in God's love.***

**This is the story of sin.**

*"When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned."* (Romans 5:12, NLT)

***Second, the practical reason we don't default to resting in God's love.***

**This is the story of shame.**

*"The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves"* (Genesis 3:6-7, NLT)

## What is shame?

Shame is that sense that something is wrong with me, that something is missing, something is broken, or is so deeply ingrained in my behavior that I can't change. Shame is that feeling that, "I am unworthy of love and belonging." Shame whispers in your ear saying, "You are not good enough."

**You were made to be loved and to love as you are loved.**

**1. First, you must be born again.**

*"Jesus answered him, 'Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God.'" (John 3:3, English Standard Version)*

*"That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."* (John 3:3, 5, ESV)

*"For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."* (Romans 5:5, NLT)

**2. Make Christ at home in your heart.**

*"When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth."* (Ephesians 3:14-15, NLT)

*"I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit."* (Ephesians 3:16, NLT)

*"Then Christ will make his home in your hearts as you trust in him. 'Your roots will grow down into God's love and keep you strong.'" (Ephesians 3:17, NLT)*

**1) Identify the insecurity where shame tempts you to compensate.**

**2) Lean into Christ through faith over your insecurity.**

*And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."* (Ephesians 3:18-19, NLT)