

### Identity and Destiny

■ **Identity** - My perception of *me*. This is the source of all personal and interrelational problems. "Who am I?" "Do I have any value in my life and being?"

■ **Destiny** - My perception of my *function* and *significance*. "What am I here to do?"

■ **Two Sources:** *God and Satan*

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### Satan's Message vs. God's Message

■ **Identity:**

■ **Satan's Message:**

- *You are worthless.*
- *You are a mistake.*
- *Something is wrong with you.*

■ **God's Message:**

- *You are worth the blood of My Son (John 3:16).*
- *You are no mistake (Psalm 139).*
- *You were planned before the foundation of the world (Eph. 1:4).*

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### Satan's Message vs. God's Message

■ **Destiny:**

■ **Satan's Message:**

- *You have no purpose .*
- *You are inadequate.*
- *You are a failure.*

■ **God's Message:**

- *You have purpose (Eph. 1:5).*
- *You are complete in gifting and grace (2 Cor. 3:5-6).*
- *God will use and work through you, in spite of yourself (Phil. 4:13)!*

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### A False Image

- **Of God:** severe, domineering/demanding, indifferent, aloof/untouchable; lenient, irresponsible, uncaring.
- **Of Self:** Identity & Destiny shaped by perceptions/input.
- **Of Others:** withdrawn/extrovert to cover up (**Appearance Management**), acceptance of others based upon their bowing to our image of ourselves.
- **Of Circumstances:** perceived on basis of strongholds, wounds, thinking patterns.

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### What Does Shame Do?

- **Appearance Management** - *elaborate systems of behavior to hide the reality of the individual life from others. It is a "false holiness."*
- **Veils the Gospel** (2 Cor. 4:2-7) - *It darkens the believers heart to the truth of God's word and keeps the true image and likeness of Christ from being seen in the believer's life by the world.*
- **Brings an Intense Focus on Self** - *It causes the heart and eyes to be focused on the believer rather than on the Lord.*

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### What Does Shame Do? (Cont.)

- **Breeds Hatred of Self** - *Will shrink away from the Lord rather than run to Him. This will most oftentimes manifest in intense anger or outbursts of rage.*
- **Causes the Individual to Seek Pain Alleviation Through Addictions** - *There is a **strong desire in every human to be needed and to justify existence. Sexual immorality and/or drug/alcohol abuse may be a symptom.***

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**Shame Imparted Through Insecurities**

- *Always remain in control of all behavior, feelings, and circumstances.*
- *Always be right and do right – Perfectionism.*
- *When you do lose control, get angry and **BLAME** others.*
  - (Many times children are held responsible for their parents' anger).
- ***Deny your humanity.** It is wrong to:*
  - **Feel** - Control all emotions. It's wrong to be sad, lonely, fearful, etc.
  - **Perceive** - "I'm right, you're wrong, period."
  - **Need** - Always be self-sufficient. Don't **BOTHER** anyone with a need.
  - **Believe** - Parents/authorities are always "right."
  - **Imagine** - Your mind and imagination are inferior.

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**Shame Imparted Through Insecurities  
(Cont.)**

- *Always hide anything wrong and keep it secret.*
- *Never acknowledge a mistake or be vulnerable.*
- *Don't trust anyone.*
  - *Relationships are erratic and unreliable at best.*

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**Lies That Enforce Shame**

- *What I feel is always wrong.*
- *It is wrong to have a need or ask for help.*
- *It is wrong to express a contrary opinion.*
- *I cannot make mistakes.*
- *When I do my best, it's not enough.*
- *Men should never cry or express emotion.*

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**Lies That Enforce Shame (Cont.)**

- *I (women) am only here to be used by men.*
- *"Good" person means "Perfect."*
  - *Never inconvenience others.*
  - *Never disappoint others.*
  - *Never have a need or become obligated.*
  - *Let others only see what is practiced and controlled.*
  - *Never have a critical thought.*
  - *Never lose at anything.*
  - *Never get less than an "A" in school.*
  - *Remember only "happy" times.*

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**Recognizing Shame**

- **Feeling(s) of Worthlessness**  
 Anger when I'm not in control.  
 Fear of showing emotion.  
 Difficulty in saying "no" to people.  
 Fear of trying new things/failure.  
 Frequent depression.  
 Compulsive sin or addictive habit.  
 Need to appear successful to be accepted.

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**Recognizing Shame (Cont.)**

- **Independence & Self-Sufficiency**  
 Isolation/difficulty making friends.  
 Avoidance of getting into a position of need or dependence on anyone.  
 Great difficulty in asking for a favor or help.  
 Being a better giver than receiver.  
 Being fearful of or uncomfortable as a part of a small group without either being the leader or not participating.  
 Feeling people/God "tolerate" you.  
 After receiving, feeling a need to repay.

*You can measure the degree of shame working in your life by the extent to which you will let others express love and care for you without having to repay them.*

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### The Result of Shame: Idolatry

"For whoever wishes to save his own life (psuche) shall lose it; but whoever loses his life (psuche) for My sake and the gospel's shall save it. For what does it profit a man to gain the whole world and forfeit his soul?" (Mark 8:35-36)

- **We enter into idolatry when we attempt to hang on to the old nature by eliminating all paths of fear or discomfort.**
- **Idolatry manifests in allowing the opinion or fear of others to control us instead of the Spirit of God and His word.**
- **Anytime we grant someone else other than Jesus Christ authority to tell us who we are, or what we are, that person(s) has become God in our lives.**

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### Overcoming Shame

**Receiving lies that curse identity are broken through forgiveness and replacing with the truth. It is impossible to forgive someone if you are walking in idolatry, i.e., bowing to another's opinion of who you are.**

- Ask yourself and the Lord this question, "**Who am I in Your sight?**" "**I am loved by God, and, weak and immature as it may be, I am a lover of God**" (John 15:9; 1 John 4:19).
- **Revoke and/or renounce the curses** spoken to, over or by you.
- **Forgive** the person(s) and  **bless them.**
- **Live a "quick to repent," thankful, praising lifestyle.**
- **Walk in the counsel of the word and godly friends.**

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