

Cultivating the Garden of Your Heart

Weeding out shame for fruitful
Relationships

Hebrews 12:1-2

This garden needs some work



Source: mocoloco.com

Well Cultivated and Fruitful



Guilt vs. Shame

- Guilt is feeling bad about doing something I did wrong. The guilt we feel for doing something wrong can motivate us to repent and seek forgiveness.
- Shame is feeling bad about who I am as a person. Shame can keep us stuck in emotional bondage.

Shame



Source: www.pinterest.com

Shame

- Tells us we are not loveable.
- Is the root cause of so many destructive and compulsive behaviors, addictions, anger management problems, and dysfunctional relationships.
- Can create a wall within us, and between us and the one's we love. Shame can also become a stumbling block in our relationship with God.
- Seeks to keep us in bondage

The Garden of Eden



God's perfect plan

Gen 2:24-25 (ESV) Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

In enters shame

Genesis 3:7-8 (ESV) Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.
8 And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.

Cain and Abel



Shame turns to resentment

Genesis 4:5 (ESV) but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.

Two extremes

As illustrated in Genesis, shame can cause us to either retreat and hide, or become resentful and lash out.

The Good News!

We have a savior who has set us free!



Hebrews 12:1-2 (ESV)

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

We are made clean in Christ

Hebrews 10:22 (ESV) let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

We are fully equipped

2 Corinthians 10:4-5 (KJV) 4 For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Choose joy!

Proverbs 17:22 A joyful heart is good medicine, but a crushed spirit dries up the bones.

Joy makes the garden of your heart fertile for fruitful relationships!