

The Watford Word

www.watfordchurchofchrist.org

What's on

Sunday 12 April: Malcolm speaking on Phil 4.1-7

Thursday 16 April, 8 PM: Third Thursday Prayer: 08:00 PM. Meeting ID: 988 3430 9524. Passcode: 332426

<https://zoom.us/j/98834309524?pwd=wONcU85ShjGHpjWkjA24icjW3jlgLU.I>

Sunday 19 April: Malcolm speaking on Phil 4.8-9.

Sunday 26 April: Danny speaking

Sunday 03 May: David speaking

Sunday 10 May: Church service

Events further ahead

Friday 22nd to Sunday 24th May: UK & Ireland mature singles retreat – “Trust In The Lord”

Friday 24th to 27th July: ICCM Preteen Camp

Saturday 25th to 31st July: ICCM Teen Camp

Friday 11th - 13 September: UK & Ireland Young Professionals Retreat in Chesham.

Sept 30th - Oct 04th: Spirituality Retreat. <https://shop.thewayministry.global/2026-csr/home>

Friday 30th October to Sunday 01st November: Autumn Student Retreat for the UK & Ireland.

Thursday 12-15th November: UK, Ireland and Nordics leadership retreat.



Healing the shame that binds you.

An article by Kate Edwards

Psalm 34: 4-5

“I sought the Lord and he answered me, freeing me from all my fears. Those who look to Him for help will be radiant with joy, no shadow of SHAME will darken their faces.”

In the recovery movement of AA, there is an amusing saying, “If you spot it, you’ve got it”.

As part of my work as a therapist involves working with addicts in recovery I have become familiar with some of these sayings. And, yes, I relate as I’m sure you may when I tell you all about it.

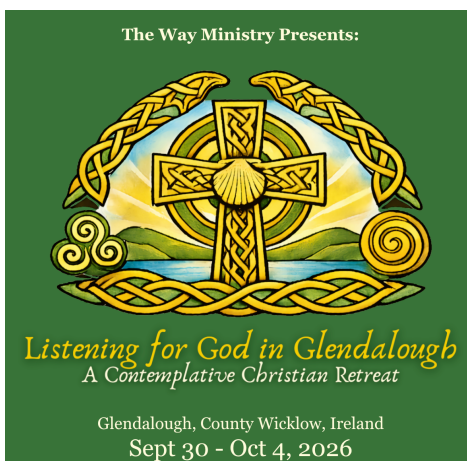
Throughout my career I have been both fascinated and overwhelmed learning about shame. But more than that, I came to see that I too suffered from toxic shame.

So, I would like to tell you what it is and how Jesus has healed me and continues to heal me with his grace and love. And this healing is possible for you too.

Defining shame

According to Brene Brown - It is an intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

According to Pia Mellody - A feeling that arises when a person believes they are defective, unworthy or bad. Arising from unmet needs in childhood, lack of love, nurture and safety in early life. Experiences of neglect, criticism or abuse.



According to Larry Heller - Shame shapes how we relate to ourselves, others and how we respond to stress and intimacy.

According to Bradshaw - Usually unspoken and unconscious. It goes into hiding.

I have felt inspired to write about shame recently after being prompted by the Holy Spirit.

Greatest fear

You see biblically the greatest fear behind shame is of being rejected or separated from God and others. Shame attacks our sense of identity and belonging, it whispers in our ears, "you don't belong", "if they knew you, they wouldn't like you", "you are different", "everyone has it together except you", "don't make mistakes", "don't get too close", "you'll be abandoned" and on and on it goes.

In order to counteract this shame people try to hide, control others, be perfect, caretaker, have secret addictions or can appear arrogant, puffed up and needless. They can create a false self that is known to others - what they believe other people want them to be. These are all strategies to make oneself feel better or hide.

In order to counter shame, we all need empathy, connection and vulnerability. We need to come out of hiding and be real. We need to know that the only judge is God himself and not be frightened of others. (Proverbs 29:25) Fear of man will be a snare.

Freedom

Jesus wants us to be free from the bondage of shame. According to Romans 8:38-39, nothing can separate us from God's love. And, this salvation and love is a gift, not something we can strive to achieve. Ephesians 2:8-9.

For some time now I have praying to really grasp the love of God which I believe is the most fundamental key to living shame-free. You see,

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once we can understand how much Jesus loves us, how he is looking at us with loving eyes, and wanting good things for our lives it is easier to accept that God works for the good even in the most challenging situations both in the past and in the present.

Connecting to Jesus really is the missing piece if you feel less than or better than others.

Jesus doesn't compare you to anybody else. He formed you in your mother's womb and knew you before you were born. He celebrates you - his creation.

We can be transformed everyday into our new identity in Christ and replace lies with the truth. Bringing shame into the light reduces its power. God's love and grace meet shame with acceptance.

Your sister, Kate

If anyone would like to contribute to the Watford Word please let me know. Articles about scripture, poetry, personal devotional reflections, good news, prayer requests, testimonials and more are all welcome.

Watford Contribution Details

Church bank account: Three Counties churches of Christ HSBC

Sort Code: 401915

Account Number: 04759613



Watford Media

