

# Giving You a Fresh Start After Divorce

## Fear Not! Don't Be Ashamed!

***“Fear not, for you shall not be ashamed; neither be confounded and depressed, for you shall not be put to shame. For you shall forget the shame of your youth, and you shall not [seriously] remember the reproach of your widowhood anymore.” Isaiah 54:4 The Amplified Bible, AMP***

This teaching focus is on feeling ashamed and shame. Isaiah is telling God's people to ***“not be afraid or ashamed”*** and ***“to forget the shame of their youth.”***

First let's talk about being ashamed.

The Father wants us to have true fellowship with Him. He wants us open, honest (with ourselves and others). He wants us to be transparent and free of masks or other self-protective devices or strategies that keep us hidden from one another. What are those masks we can put on? Being withdrawn. Closing our hearts. Wall of anger. To name a few.

You see when you feel ashamed, you have this internal belief that you are defective AND you don't want others to find that out.

When was the first-time shame entered humanity? It was with Adam and Eve. Adam and Eve sinned against God, and they felt ***“naked and ashamed.”*** On some level their feeling ashamed was good because it exposed their sin and gave them an opportunity to do something about it. So, if we are in sin and we feel ashamed, that's the first step to healing. We then need to repent and ask God to forgive us. When we do, He forgives and remembers that sin no more. Hence the feeling of being ashamed is gone. Now understand that feeling of being ashamed was there to expose your sin, but it was put there by yourself. God did not put that on you.

When God wants to discipline, heal, or set us free, He does not do it by bringing shame upon us. Shame is not one of His tools to lead us to repentance or to set us free from any sin that may have us bound. Instead, shame is a tool of satan or fallen man. God's kindness leads us to repentance. If we took on feeling ashamed because of our sin, He wants us to be free of it all.

Now the second type of shame is what I call ***“false”*** shame and perhaps it's the shame that Isaiah is talking about in the Scripture.

What shame could your youth have brought upon you? You think about the “youth” and wonder what they could possibly have done that would cause them to feel shame?

I went to the Passion Translation and read, “*Do not fear, for your shame is no more. Do not be embarrassed, for you will not be disgraced. **You will forget the inadequacy you felt in your youth** and will no longer remember the shame of your widowhood.*” Isaiah 54:4 The Passion Translation, TPT.

### **You will forget the inadequacy you felt in your youth!!!**

What were those inadequacies and have you carried a shame with you into your adulthood? For me one of my inadequacies was that I was stupid. I believed that lie that was put upon me all my life and into my adulthood. You can image the shame I felt because of that false belief about myself.

You see that Satan, and for that matter man, will use shame to bring condemnation on people and as a way to bring correction. That was a way I was corrected as a child for doing something wrong. I was called stupid.

God’s way of correction is different from shame. Paul said in Romans that, “*God’s **kindness leads to repentance.***” Romans 2:4. Our Lord wants us to be free. He wants us free to love Him, free to follow Him, and free to help others do the same. He wouldn’t shame us into repentance or obedience. That is not His character, but it is the character of satan and fallen man. **When you feel shame, know it’s not from the Father.**

So where does shame come into play for some of you right now as you are on this journey of divorce?

- ⇒ Are you feeling naked and exposed?
- ⇒ Do you feel a sense of humiliation, rejection and even abandonment?
- ⇒ Are you putting shame on yourself because divorce is so wrong in God’s eyes, and you feel you have betrayed Him?
- ⇒ Are your friends putting shame on you for the choice you made to follow through with this divorce or for a choice that was made for you without your desire?
- ⇒ Has the Church brought shame on you because of what is happening right now to your marriage? *And the Church is a big one that can do this.*
- ⇒ Or are you allowing the enemy to put that shame upon you?

Is all that causing you to want to hide yourself?

You know the enemy not only accuses us before God day and night, but he also accuses us in our own mind. If we grab a hold of those accusations and believe them, we potentially can create a stronghold in our mind that needs to be broken. I created a stronghold and that was “I

*am stupid.” Satan’s desire is to cripple us from our purpose and rob us of a life lived in abundance.*

If you have sinned, your answer is the Cross of Christ. Go to the Father and repent, receive the Lord’s forgiveness, and let go of the shame. He forgives you, washes you clean by the *“blood of the lamb”* and **removes your sin from His memory**. Remember it’s God’s kindness that will lead you to repentance. When the Lord shows you your sin, He speaks it clearly but lovingly. If you are listening, all you must do is repent and accept His forgiveness. Then you need to move on.

If your shame has been brought upon by the enemy, others, or the Church, then the answer is **truth**, and that truth is found in the Word of God. You need to shake off that shame. Shame is a tool of satan and not an emotion the Lord wants you to walk in.

I don’t know which category you may fall under. But I do know the Lord does not want you to be ashamed or to walk in shame. Be free. Don’t let other people judge your circumstances and put shame on you. If someone is trying to shame you, the only way it can come upon you is if you receive it. **Do not receive it.**

### ***Kisses from your King***

*“Instead of your [former] **shame** you will have a double portion; And instead of humiliation your people will shout for joy over their portion. Therefore in their land they will possess double [what they had forfeited]; Everlasting joy will be theirs.” Isaiah 61:7 The Amplified Bible, AMP*

Remember He loves you and His way of setting you free is not man’s way. But you need to become familiar with His ways and you do that by being in the Word, receiving it and applying it to your life. Be a doer of the Word. Don’t just be a reader of it.

Spend some quiet time with the Father asking Him to reveal to you where you are feeling ashamed or where shame was put upon you. Really sit quietly and listen to His heart. He wants to show you if this is in your life and how it is hindering you from walking in total freedom.

Write about it and then go into the Word of God to find the truth. *For example, I had much shame on feeling stupid. Well, the Word of God says, He made me in His image. So how can I be stupid?* Find those Scriptures that apply to you and write them in this Study Guide, so you have them for future reference. I’m cheering you on in my heart.

*Be free and begin to be a **“Woman Redeemed.”***

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