

RESTORING HONOR THROUGH SHAME

4 *Week / Quick Review*

WEEK 4

Be thinking about a
question to ask



RESTORING HONOR THROUGH SHAME

WE ARE NOT ASHAMED



1



2



3



4



5

The first video

MAKING ASSUMPTIONS ABOUT HONOR AND SHAME



4a

Developing “SHAME RESILIENCE”

The term “shame resilience” comes from the work of Brené Brown.

story

How do you
tell **your story**?

How might you
tell it **differently**?



SHAME RESILIENCE

SHAME RESILIENCE

courage

TO BE VULNERABLE IS TO HAVE **COURAGE**



SHAME RESILIENCE

“
confession

...confess your sins to one another
and pray for one another.

”

James 5:16



connection

SHAME RESILIENCE

The second video

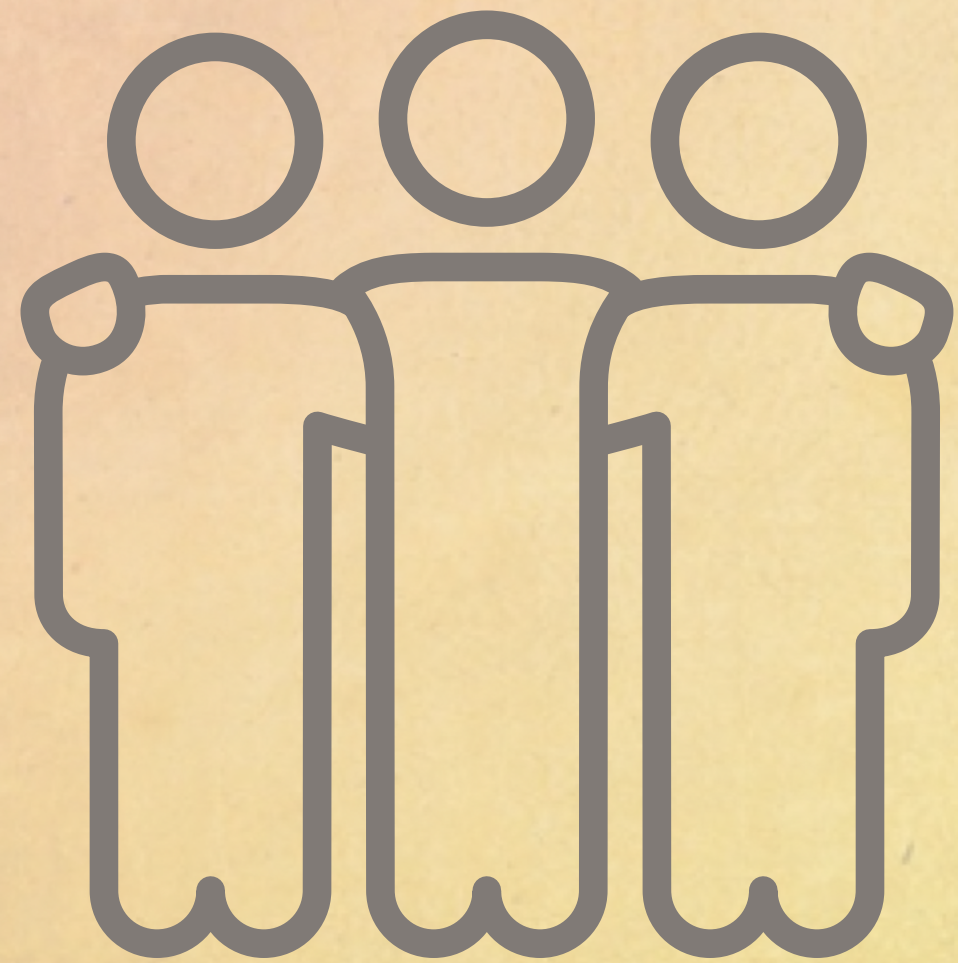
OUR SOURCE OF HONOR AND SHAME



41b

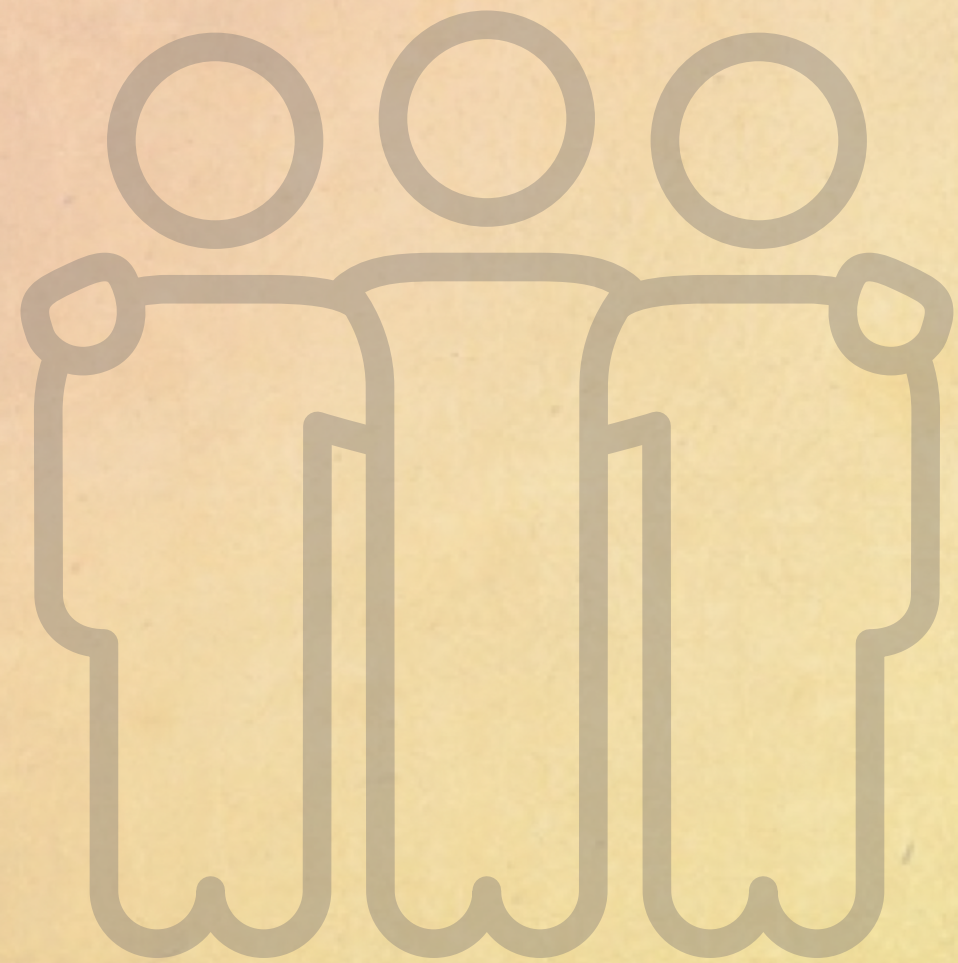


We all belong to multiple social groups.





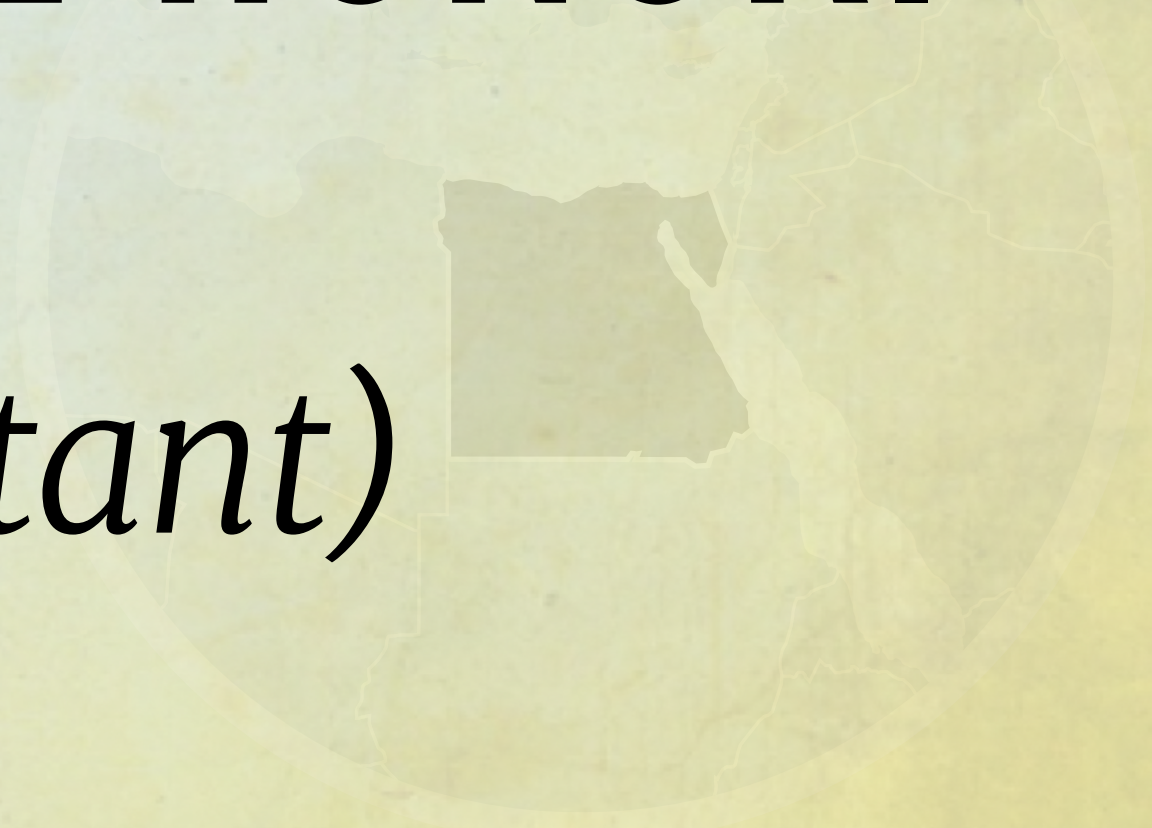
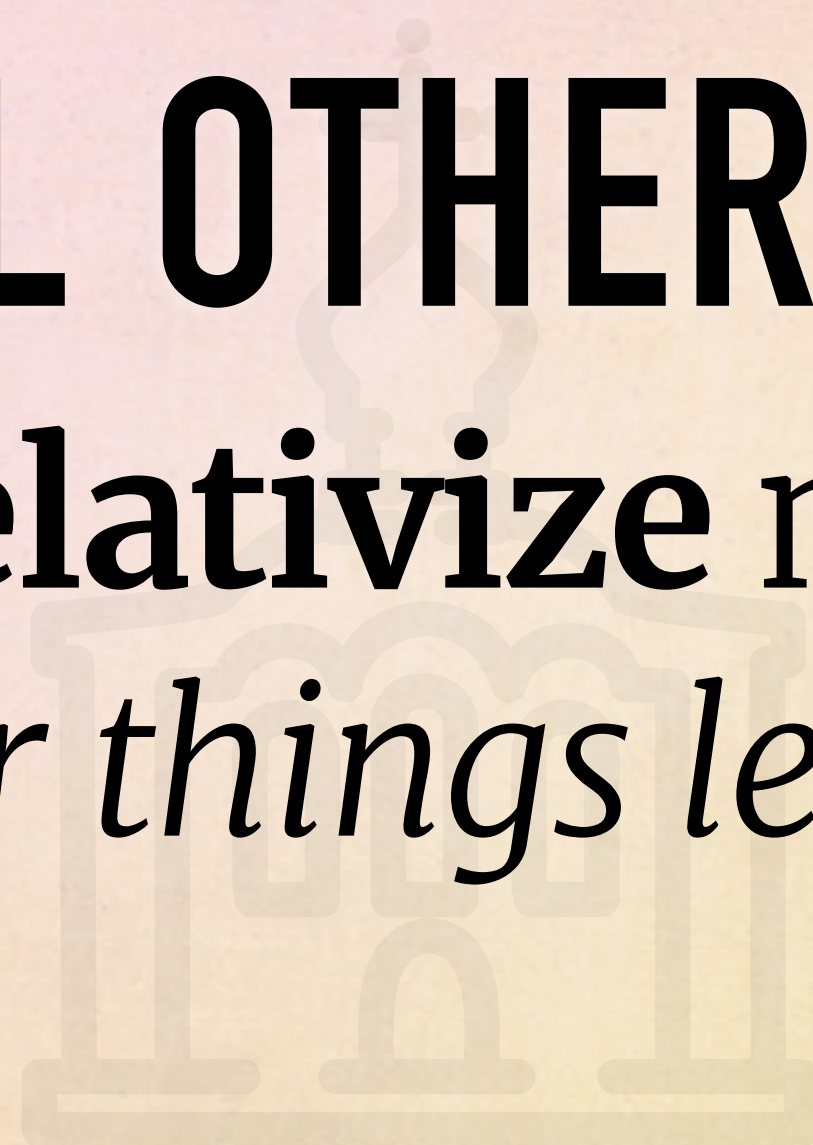
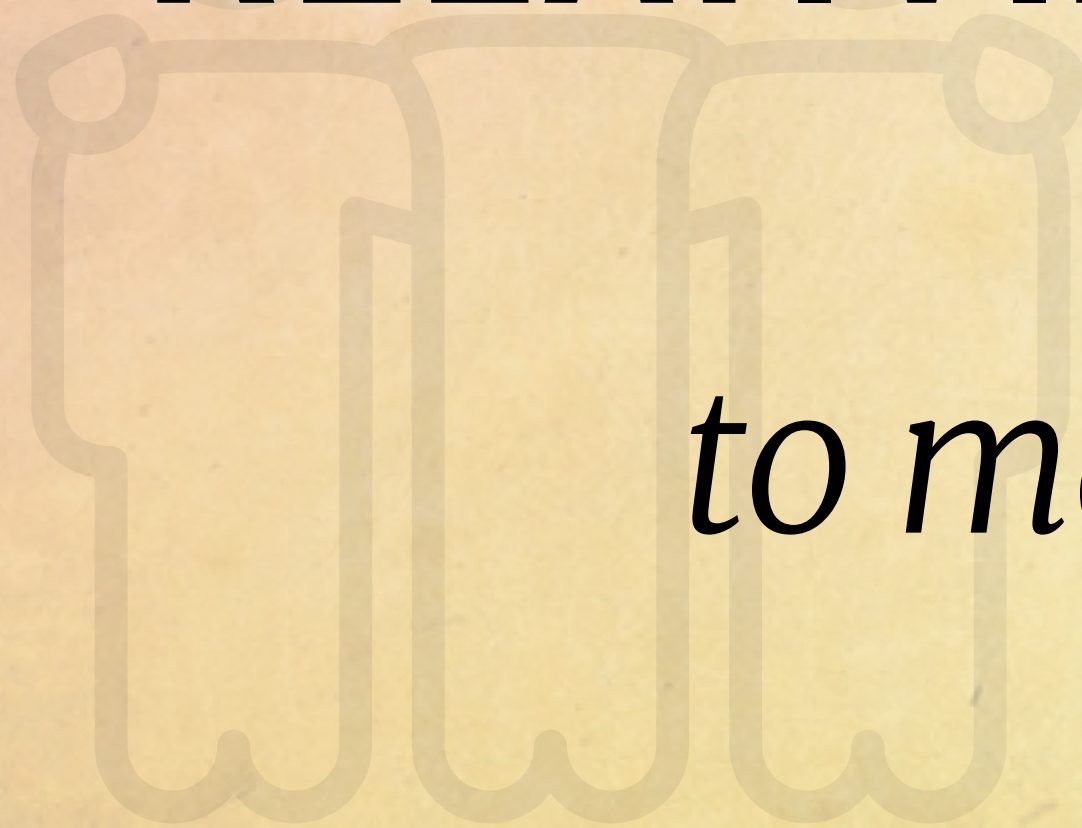
We can never please everyone.





THE HONOR THAT COMES FROM GOD RELATIVIZES ALL OTHER SOCIAL HONOR.

(To **relativize** means
to make other things less important)



The third video

OUR RESPONSE TO HONOR AND SHAME



4C

In many families,
the man's status is
threatened by the
women in his life.

men & women

Both men and women feel
vulnerable.

Women have the power to cause
the shame that men fear.

men & women



This sometimes
leads to violence.

men & women

defending our honor

versus

redefining our honor



JESUS **REDEFINES**

who are the honorable, the pure, the insiders

Like Jesus, we undermine power
not by defending our honor
but by **redefining it.**

*From Shirin Bahrami's video—
Shame Resilience Theory recommends:*

1. Recognise our **personal vulnerability** that led to the feeling of shame.
2. Recognise the **external factors** that led to the feeling of shame.
3. **Connect with others** to receive and offer **empathy**.
4. **Discuss and deconstruct** the feelings of shame.

WEEK 4

Questions

