

How to Live a Shame-Free Life

Question: Where Are You?

Genesis 2:25

Pastor Scott George

January 11, 2026

Genesis 2:25, *Adam and his wife were both naked, and they felt no shame.*

"THEY FELT NO SHAME"

Shame – Guilt, Disgrace

Genesis 3:1a, *Now the serpent was more crafty than any of the wild animals the Lord God had made.*

Crafty – Subtle, Shrewd, Cunning

Genesis 3:8–9, *Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.* ⁹ *But the Lord God called to the man, "**Where are you?**"*

Genesis 3:21, *The Lord God made garments of skin for Adam and his wife and clothed them.*

What Others Are Saying About Shame

- "... shame keeps us from personalizing and taking into our hearts anything about God that gives us value and allows us to know, to feel, and to be secured in his love."
– J. Kevin Butcher
- "Shame corrodes the very part of us that believes we are capable of change."
– Brené Brown
- "The way out of shame is to own it, and go on being your best regardless. Don't let shame own you and keep you small."
– Debra Campbell
- "I sometimes think that shame, mere awkward, senseless shame, does as much towards preventing good acts and straightforward happiness as any of our vices can do."
– C.S. Lewis
- "Shame loses its footing and falls from its place of influence in your life when revealed and rejected."
– Boyd Bailey
- "While we can't always remove the reminders of shame that show up on the doorsteps of our souls, we can refuse to answer the door."
– Vicki Courtney

How to Live a Shame-Free Life

1. Choose to confront shame.

Joshua 24:15, *But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."*

2. Understand shame's impact.

Psalms 69:7, *For I endure scorn for your sake, and shame covers my face.*

3. Uncover shame's origin.

John 8:44, *You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.*

4. Tear down self-made defenses.

Ecclesiastes 3:3, *... a time to kill and a time to heal, a time to tear down and a time to build...*

5. Accept and embrace truth.

John 8:31-32, *To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples."³² Then you will know the truth, and the truth will set you free."*

Believe

Hold

Know

Romans 10:11, *As Scripture says, "Anyone who believes in him will never be put to shame."*

6. Run to the source of freedom.

Psalms 31:1 (MSG), *I run to you, God; I run for dear life. Don't let me down! Take me seriously this time! Get down on my level and listen, and please—no procrastination! Your granite cave a hiding place, your high cliff nest a place of safety.*

Proverbs 18:10, *The name of the Lord is a fortified tower; the righteous run to it and are safe.*

Psalms 34:5, *Those who look to him are radiant; their faces are never covered with shame.*

7. Live and walk like you're covered.

Ephesians 3:11-12, *... according to his eternal purpose that he accomplished in Christ Jesus our Lord.¹² In him and through faith in him we may approach God with freedom and confidence.*

Isaiah 61:10 (ESV), *I will greatly rejoice in the Lord; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness, as a bridegroom decks himself like a priest with a beautiful headdress, and as a bride adorns herself with her jewels.*

In case you missed it ...

Answers:

1. Choose
2. Impact
3. Uncover
4. Defenses
5. Embrace
6. Source
7. Covered