

## How to Live a Shame-Free Life (Part 2)

**Question: Where Are You?**

**Genesis 3:9**

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**January 18, 2026**

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**Genesis 3:9**, *But the Lord God called to the man, “Where are you?”*

“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

1. **Choose to confront shame.**
2. **Understand shame’s impact.**
3. **Uncover shame’s origin.**
4. **Tear down self-made defenses.**

### 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. <sup>32</sup>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.**

**Psalm 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.*

**Psalm 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. <sup>12</sup>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.*

**Isaiah 54:4**, *“Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.*

## Shame removed by Grace

**John 8:3-11**, The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group <sup>4</sup> and said to Jesus, "Teacher, this woman was caught in the act of adultery. <sup>5</sup> In the Law Moses commanded us to stone such women. Now what do you say?" <sup>6</sup> They were using this question as a trap, in order to have a basis for accusing him.

But Jesus bent down and started to write on the ground with his finger. <sup>7</sup> When they kept on questioning him, he straightened up and said to them, "*Let any one of you who is without sin be the first to throw a stone at her.*" <sup>8</sup> Again he stooped down and wrote on the ground.

<sup>9</sup> At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. <sup>10</sup> Jesus straightened up and asked her, "*Woman, where are they? Has no one condemned you?*"

<sup>11</sup> "No one, sir," she said. "*Then neither do I condemn you,*" Jesus declared. "*Go now and leave your life of sin.*"

**Exodus 31:18**, When the Lord finished speaking to Moses on Mount Sinai, he gave him the two tablets of the covenant law, the tablets of stone inscribed by the finger of God.

- With his finger, God wrote the message of the law
- With his finger, Jesus wrote the message of grace

### In case you missed it ...

**Answers:** 5. Embrace 6. Source 7. Covered