

December 19th-25th

Embrace the Embarrassment

In this lesson you will learn three ways to embrace embarrassing situations.

Intro: What is God trying to birth out of your embarrassment? What if God wants to birth something new in you that could change the world? We have all had moments of embarrassment where we were ashamed of our choices. Embarrassed can be defined as; abashed, mortified, humiliated, or loss of self-confidence. The trio of shame, embarrassment, and guilt all go hand in hand with one another. The emotions associated with these three feelings can leave a person paralyzed. Unable to take action or move on from the decision that caused them to experience the embarrassment. Jesus came to embrace our embarrassment and to rescue us from its debilitating effects.

I. Name the Feelings

- A. Whenever you go through a humiliating or embarrassing situation, make sure to take time to acknowledge your emotions and identify what emotions you are experiencing. Going through this process will allow you to analyze your situation in a more logical way. As you put names to your feelings, you are able to step back from the situation and disassociate yourself from the wrong decision leading to the embarrassment. Once you name your feelings, you can cast them and your situation on your heavenly father (1 Pet 5:7).

II. Let go of Control

- A. Sometimes we try to immediately fix our feelings even if there is nothing that can be done about them. Oftentimes, we need to trust that eventually we will be okay again. It can be extremely difficult to tolerate unresolved emotions, but moving through them instead of avoiding them will cultivate maturity. Tapping into our feelings like embarrassment is a commitment that can be terrifying. If we remain committed to it, it will help us become more balanced, resilient, and confident. We can move on from the shameful situations of life with the help of our Lord (Phil 3 :13).

III. Embracing God in Embarrassment

- A. In your embarrassment, God is not laughing at you, but He is rushing to your aid. He is not embarrassed by you, but stands with you as your crucified, humiliated Savior. A humiliating experience can make you vulnerable. When you are vulnerable, you are also pliable. You can humbly accept that God is not finished with you yet. Humiliation is just preparation for an acceleration towards your destiny. Always remember that God is working; in you, on you, for you, and through you during your embarrassment. It can be an invitation to experience His healing love (Psa 147:3).

Discussion Questions

1. Are you able to identify the emotions you experience on a regular basis?
2. Do you have a hard time letting go of control, and allowing God to step in?
3. Are you finding God's grace to help you out of humiliating circumstances?