THE DAILY BREAD

The Fiat of the Beloved



Disarming Shame and the Lies You Believe

A FORMATION BOOK BY

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The Everyday Apostle

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Disarming Shame

Answering the Lies With the Truth

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INTRODUCTION

The Weapon Aimed at You

If there is one weapon the enemy of souls uses against women more than any other, it is shame. Not guilt, which is a healthy recognition of having done wrong and a door to repentance, but shame, the deeper and more corrosive conviction that a woman herself is wrong, that she is not merely someone who has failed but someone who is a failure, not someone who has sinned but someone who is, at the core, unworthy, unlovable, disqualified. This shame is the enemy's favorite weapon against women because it strikes not at what she does but at who she is, and a woman weighed down by shame is a woman who cannot believe she is loved, cannot believe she is called, cannot step into the mission God has for her because she is convinced, in her depths, that someone like her does not qualify.

This book is about recognizing that weapon and disarming it. It will show what shame is and why it is the enemy's primary weapon against women; it will name the specific lies that shame whispers, that she is not enough or too much, that her worth depends on what she produces or how she is seen, that God could not want someone like her, that her past has disqualified her, and it will answer each lie with the truth that destroys it. And it will show that the virtue which finally disarms shame is humility, not the false humility of self-deprecation, which is only shame wearing a pious mask, but the true humility of a clear-eyed acceptance of who she is and who she is not before God, which sets her free.

There is therefore now no condemnation for those who are in Christ Jesus. — Romans 8:1

The great truth that disarms shame is this, that for those in Christ there is no condemnation, so that the voice of shame, which condemns a woman to her core, is answered by the voice of God, who does not condemn her but loves her. This book takes up that work of disarming: understanding shame as the enemy's weapon; answering the lie that she is not enough or too much; answering the lie that her worth is what she produces or how she is perceived; answering the lie that God could not want her; answering the lie that her past disqualifies her; learning humility as the virtue that truly disarms shame; and recovering the ground that shame has stolen. A woman does not have to live under the weight of shame, for the truth of who she is before God disarms it, and this book will put that truth into her hands.

CHAPTER ONE

The Enemy's Favorite Weapon

What Shame Is, and What It Is Not

To disarm shame, a woman must first understand what it is, for shame is often confused with healthy guilt, and the two are profoundly different, the one a corrosive lie about her very self and the other a healthy recognition of a wrong done. Shame is the enemy's favorite weapon against women precisely because it masquerades as something right, as conscience, as honesty, as humility even, while in truth it is a corrosive conviction of unworthiness that strikes at who a woman is, so that distinguishing shame from healthy guilt is the first step to disarming it.

I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself. — Genesis 3:10

Shame Is Not Guilt

There is a crucial difference between guilt, which says a woman has done something wrong, and shame, which says a woman is something wrong, the one a healthy recognition that opens the door to repentance and the other a corrosive conviction that she herself is bad. Guilt is the proper response to having sinned, a recognition that she has done wrong which moves her toward repentance, forgiveness, and change, and it is healthy and from God; but shame is different and darker, for it does not say she has done wrong but that she is wrong, not that she has sinned but that she is, at her core, bad, unworthy, unlovable. This difference is everything, for guilt points to an action that can be forgiven and leads to hope, while shame points to the self and leads to despair, condemning not a woman's deed but her very being, so that the two must never be confused. The woman who understands that shame is not guilt can distinguish the healthy conviction that leads to repentance from the corrosive lie that condemns her very self. Shame is not guilt, for guilt says a woman has done wrong and opens the door to repentance, while shame says she is wrong and leads to despair, condemning her very being rather than her deed, so that the two must be carefully distinguished.

Shame Makes You Hide

The characteristic work of shame is to make a woman hide, to drive her away from God and from others into concealment, just as the first shame in the garden made Adam and Eve hide from God, so that shame isolates a woman in the very moment she most needs to be found. When shame takes hold, its effect is to make a woman hide, to conceal her true self, to withdraw from God and from others out of the conviction that if she were

truly seen she would be rejected, just as the first shame made our first parents hide themselves from God among the trees. This hiding is the signature of shame and the source of much of its power, for it cuts a woman off from the very relationships, with God and with others, through which she would be healed, isolating her in her unworthiness, keeping her from being seen and loved and restored. The woman who recognizes that shame makes her hide can see this hiding for what it is, the enemy's work to isolate her, and can choose instead to be seen and found. Shame makes you hide, driving a woman away from God and others into concealment as the first shame drove our first parents to hide in the garden, so that shame isolates her from the very relationships through which she would be healed, keeping her from being seen and loved.

Why It Works So Well on Women

Shame works so powerfully against women because it attacks a woman's sense of her own worth and lovability, the very things she is often most tempted to doubt, striking at her identity rather than merely her conduct, and so it is the enemy's weapon of choice against her. The enemy aims shame at women because it strikes where many women are most vulnerable, at the question of their own worth and lovability, their sense of whether they are enough, whether they are wanted, whether they are good, so that shame, by attacking a woman's very identity, finds in many women a place prepared to receive it. This is why shame is the enemy's favorite weapon against women, for it does not merely tempt a woman to a particular sin but undermines her at the root, convincing her that she is unworthy and unlovable, and a woman who believes this cannot step into her calling, cannot believe she is loved, cannot live the mission God has for her. The woman who understands why shame works so well on women can recognize it as the enemy's targeted weapon and brace against its particular assault on her worth. Why it works so well on women is that shame attacks a woman's sense of her own worth and lovability, striking at her identity rather than her conduct, so that it undermines her at the root and is the enemy's weapon of choice against her.

CHAPTER TWO

Not Enough, and Too Much

The Paired Lies About Who You Are

Among the lies shame whispers to women, two of the most common come as a pair that traps a woman between them: that she is not enough, not pretty enough, not capable enough, not good enough, and at the same time that she is too much, too emotional, too

demanding, too intense. Caught between these paired lies, a woman is told she is simultaneously deficient and excessive, never the right amount, and the truth that answers both is that she is fearfully and wonderfully made, exactly as God intended, neither too little nor too much but precisely who He made her to be.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works. — Psalm 139:14

Trapped Between Two Lies

The lies that a woman is not enough and that she is too much work together to trap her, for they attack from opposite directions, leaving her no safe ground, convinced she is at once deficient and excessive, never simply right. A woman may hear both lies at once, told in one moment that she is not enough, that she falls short of what she should be, and in another that she is too much, that she is excessive and should be less, so that she is caught between them, striving to be more and to be less at the same time, never able to be simply herself, never the right amount. This trap is cunning, for it leaves a woman no stable place to stand, always either too little or too much, always wrong in one direction or the other, so that she can never rest in simply being who she is, kept off balance by the paired lies. The woman who sees that she is trapped between two lies can recognize the cunning of the pairing and refuse both, rather than endlessly striving to satisfy their contradictory demands. Trapped between two lies, a woman is told she is at once not enough and too much, deficient and excessive, so that she is left no safe ground and can never rest in simply being herself, kept off balance by the contradictory demands of the paired lies.

The Truth of How You Were Made

The truth that answers both lies is that a woman is fearfully and wonderfully made, created by God with intention and care, exactly as He meant her to be, so that she is neither too little nor too much but precisely the person God designed. Against the lies of not enough and too much stands the truth of Scripture, that a woman is fearfully and wonderfully made, the deliberate work of God who formed her with care and intention, who made her as He meant her to be, so that she is not a deficient version of what she should be nor an excessive version to be toned down, but exactly who God designed her to be. This truth dissolves both lies at once, for a woman made with intention by God is enough, lacking nothing He meant her to have, and is not too much, excessive in nothing He gave her, but is precisely right, the wonderful work of God just as He made her. The woman who knows the truth of how she was made rests in being fearfully and wonderfully made, neither deficient nor excessive but exactly who God intended. The

truth of how you were made answers both lies, for a woman fearfully and wonderfully made by God is exactly who He intended, neither too little nor too much but precisely the person He designed, so that the truth of her making dissolves the lies of not enough and too much.

Receiving Yourself as God's Work

Disarming these lies means a woman learns to receive herself as God's work, to accept who she is as the intentional creation of God rather than measuring herself against the shifting standards that declare her deficient or excessive. The answer to the lies is not for a woman to fight harder to be more or to shrink herself to be less, but to receive herself as God's work, to accept with gratitude the person He made, neither apologizing for who she is nor straining to be someone else, but embracing herself as the fearfully and wonderfully made work of God. This receiving of herself as God's work frees a woman from the exhausting effort to satisfy the paired lies, for she no longer measures herself against their impossible and contradictory demands but rests in being who God made her, received as His intentional and good creation. The woman who receives herself as God's work accepts the person God made with gratitude, freed from the effort to be more or less than the woman He intended. Receiving yourself as God's work is how a woman disarms the paired lies, accepting who she is as the intentional creation of God rather than measuring herself against the shifting standards that call her deficient or excessive, so that she rests in being the woman He made.

CHAPTER THREE

Worth You Do Not Have to Earn

You Are Not What You Produce

Another lie shame tells women is that their worth depends on what they produce and how they are perceived, that a woman is valuable only insofar as she achieves, performs, pleases, and is seen well, so that her worth must be constantly earned and can never be secured. The truth that answers this lie is that a woman's worth is not earned but given, grounded in God's love for her, so that she is precious and honored not because of what she produces or how she is perceived but because God made and loves her.

You are precious in my eyes, and honored, and I love you. — Isaiah 43:4

The Lie of Earned Worth

The lie of earned worth tells a woman that her value depends on her performance and her perception, on what she accomplishes and how others see her, so that she must constantly earn her worth and can never rest in simply having it. This lie measures a woman's worth by what she produces, her achievements, her usefulness, her success, and by how she is perceived, her appearance, her reputation, the approval of others, so that her value is always contingent, always to be earned anew, never simply possessed, and she is driven to perform and to please endlessly in order to be worth anything at all. This is a cruel lie, for it makes a woman's worth a thing she must perpetually earn and can never secure, leaving her exhausted by the effort to produce and to be seen well, and terrified of failure or disapproval, which would strip her of the worth she has not stopped earning. The woman who recognizes the lie of earned worth sees the cruelty of a value that must be endlessly performed and can begin to look for worth she does not have to earn. The lie of earned worth tells a woman her value depends on what she produces and how she is perceived, so that she must constantly earn her worth and can never rest in having it, driven to perform and please endlessly and terrified of the failure that would strip her of it.

Worth That Is Given, Not Earned

The truth is that a woman's worth is not earned but given, grounded not in her performance or perception but in the love of God, who declares her precious and honored and loved simply because she is His, so that her value is secure and need never be earned. God does not value a woman for what she produces or how she is seen but loves her as His own, declaring her precious in His eyes, honored, and loved, a worth that rests entirely on His love and not at all on her performance, given freely and permanently rather than earned anew each day. This means a woman's deepest worth is given, not earned, grounded in the unchanging love of God rather than in the shifting measures of achievement and perception, so that she is precious and honored no matter what she produces or how she is seen, her value secure in God's love. The woman who knows her worth is given rests in the love of God that makes her precious, freed from the exhausting effort to earn a value she already has. Worth that is given, not earned, is the truth that answers the lie, for a woman's value is grounded in God's love, who declares her precious and honored simply because she is His, so that her worth is secure and need never be earned by what she produces or how she is seen.

Resting in Belovedness

Disarming this lie means a woman learns to rest in her belovedness, to ground her sense of worth in God's love rather than in her achievements and her image, so that she is freed from the treadmill of earning and can receive her value as the gift it is. The answer to the

lie of earned worth is for a woman to rest in being beloved, to let her worth be grounded in God's declared love for her rather than in her performance or perception, receiving her value as a gift already given rather than a prize to be won, so that she steps off the treadmill of endless earning and rests in belovedness. This resting in belovedness frees a woman from the tyranny of production and perception, for she no longer has to achieve or please to be worth something, her worth already secured by God's love, so that she can work and serve and live from a settled sense of value rather than in a desperate effort to earn it. The woman who rests in her belovedness grounds her worth in God's love, freed from the treadmill of earning and settled in the value He has already given her. Resting in belovedness is how a woman disarms the lie of earned worth, grounding her value in God's love rather than her achievements and image, so that she is freed from the treadmill of earning and receives her worth as the gift it already is.

CHAPTER FOUR

God Wants Exactly Someone Like You

The Lie of Disqualification

One of shame's deepest lies is that God could not possibly want to use someone like a woman, that she is too ordinary, too flawed, too compromised, too insignificant for God to call or to use, so that whatever mission He might have is surely for others and not for her. The truth that answers this lie is that God delights to choose and use exactly the ones who feel disqualified, calling the weak, the lowly, and the overlooked, so that a woman is not disqualified by what makes her feel unworthy but is precisely the kind of person God loves to call.

God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong. — 1 Corinthians 1:27-28

The Lie That You Do Not Qualify

The lie of disqualification tells a woman that she does not qualify for God's call, that she is too flawed, too ordinary, too compromised to be wanted by God, so that she rules herself out of the mission before God has a chance to call her. This lie convinces a woman that whatever God might want to do, He surely does not want to do it through someone like her, for she sees her own flaws, her ordinariness, her failures, her limitations, and concludes that God must want someone better, someone more gifted, more holy, more impressive, so that she disqualifies herself, assuming the call is for others and not for her. This self-disqualification is one of shame's most effective works, for it keeps a woman

from ever stepping into her calling, convinced she does not qualify, so that she never even offers herself, never expects to be used, having ruled herself out before God could rule her in. The woman who recognizes the lie that she does not qualify can see how it has kept her from her calling and can question the verdict she has passed on herself. The lie that you do not qualify tells a woman she is too flawed or ordinary to be wanted by God, so that she rules herself out of the mission before He can call her, keeping herself from her calling by a self-disqualification shame has whispered.

God Chooses the Disqualified

The truth is that God delights to choose precisely those the world and the woman herself would disqualify, the weak, the lowly, the ordinary, the overlooked, so that the very things that make a woman feel unqualified are often what God chooses to use. Throughout Scripture and the history of the Church, God has chosen not the impressive and the obviously qualified but the weak, the foolish, the lowly, the overlooked, choosing what the world despises precisely to show that the power is His and not theirs, so that a woman's sense of being unqualified places her exactly among those God loves to choose. This means the very things that make a woman feel disqualified, her weakness, her ordinariness, her lowliness, are not barriers to God's call but often the very qualities He chooses to use, for He delights to work through the weak so that the glory is clearly His, so that a woman is not disqualified by what humbles her but is the kind of person God calls. The woman who knows that God chooses the disqualified sees her sense of unworthiness not as a barrier but as placing her among those God loves to choose. God chooses the disqualified, delighting to choose the weak, the lowly, and the overlooked rather than the impressive, so that the very things that make a woman feel unqualified are often what God chooses to use, placing her exactly among those He loves to call.

Offering Yourself Anyway

Disarming this lie means a woman offers herself to God anyway, despite her sense of unworthiness, trusting that God wants exactly someone like her and that her feeling of being disqualified is not God's verdict but shame's lie. The answer to the lie of disqualification is for a woman to offer herself to God in spite of her sense of unworthiness, to make herself available for His call rather than ruling herself out, trusting that God wants precisely someone like her and that her feeling of being too flawed or ordinary is shame's lie and not God's judgment. This offering of herself anyway is an act of faith against shame, a refusal to accept the verdict of disqualification, a stepping forward to be used by God despite feeling unworthy, trusting that He who chooses the weak and lowly wants to use her too. The woman who offers herself anyway refuses the lie of disqualification, making herself available to God in the trust that He

wants exactly someone like her. Offering yourself anyway is how a woman disarms the lie of disqualification, making herself available to God despite her sense of unworthiness, trusting that He wants exactly someone like her and that her feeling of being disqualified is shame's lie, not God's verdict.

CHAPTER FIVE

Your Past Does Not Have the Last Word

The Lie That the Damage Is Final

Perhaps the most painful lie shame tells a woman is that the damage in her past, her sins, her failures, her wounds, the things done by her and to her, has disqualified her from the mission in her future, so that whatever she might have been, her past has ruined. The truth that answers this lie is that in Christ a woman is made new, her past does not have the last word, for grace redeems even the worst of her history, so that no sin and no wound is beyond the redemption that makes her a new creation.

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. — 2 Corinthians 5:17

The Lie That the Past Defines You

The lie that the past defines a woman tells her that what she has done and what has been done to her has permanently marked and disqualified her, so that her history determines her future and the damage is final. This lie takes a woman's past, her sins and failures, the wounds inflicted on her, the things she regrets and the things she suffered, and declares them permanent and defining, insisting that she is and always will be marked by them, disqualified by them, unable to escape them, so that her past forecloses her future. This is a cruel and powerful lie, for it uses the real pain and real failures of a woman's history against her, convincing her that the damage is final, that she is defined by the worst of her past, that whatever God might have wanted for her has been ruined by what she has done or suffered. The woman who recognizes the lie that the past defines her can see that her history is being weaponized against her and can question whether the damage is really final. The lie that the past defines you insists that a woman's sins, failures, and wounds have permanently marked and disqualified her, so that her history determines her future and the damage is final, using the real pain of her past against her.

Made New in Christ

The truth is that in Christ a woman is made new, a new creation in whom the old has passed away, so that her past is redeemed and no longer defines her, for grace reaches even the worst of her history and makes her new. The Scripture declares that anyone in Christ is a new creation, that the old has passed away and the new has come, so that a woman's past, however painful or shameful, does not have the final word, for Christ makes her new, redeeming her sins through His forgiveness and her wounds through His healing, so that she is no longer defined by her history but by His redemption. This means the damage in a woman's past is not final, for grace is greater than her sin and her suffering, reaching into the worst of her history to redeem it, making her a new creation whose identity is found not in what she has done or suffered but in Christ who has made her new. The woman who knows she is made new in Christ sees her past as redeemed rather than defining, her identity found in Christ's new creation rather than in her history. Made new in Christ is the truth that answers the lie, for in Christ a woman is a new creation in whom the old has passed away, so that grace redeems even the worst of her past and she is defined not by her history but by Christ who has made her new.

A Redeemed Past Becomes a Testimony

Not only does grace free a woman from her past, but it can transform even the painful parts of her history into a testimony, so that what the enemy meant to disqualify her becomes, redeemed, a source of compassion, wisdom, and witness. God does not merely erase a woman's past but can redeem it, taking even her sins and wounds and, through His grace, transforming them into something useful, a deeper compassion for others who suffer, a hard-won wisdom, a testimony to His mercy, so that the very history the enemy used to shame her becomes, redeemed, a source of ministry and witness. This means a woman's past, surrendered to grace, is not only forgiven and healed but can become a strength, for the one who has been redeemed from much has much to offer, a testimony to God's mercy that the enemy never intended, so that what was meant to disqualify her equips her. The woman who understands that a redeemed past becomes a testimony sees her history not as a disqualification but as, in God's hands, a source of compassion and witness. A redeemed past becomes a testimony, for grace transforms even the painful parts of a woman's history into a source of compassion, wisdom, and witness, so that what the enemy meant to disqualify her becomes, redeemed, a testimony to God's mercy that equips rather than disqualifies her.

CHAPTER SIX

The Virtue That Disarms Shame

True Humility, Not Self-Deprecation

The virtue that finally disarms shame is humility, but not the false humility that is only shame in disguise, the self-deprecation that runs a woman down, but true humility, which is a clear-eyed acceptance of who she is and who she is not before God, and which sets her free. Many women mistake self-deprecation for humility, and so they embrace the very shame that binds them under the name of a virtue, but true humility is the opposite of shame, a truthful and peaceful acceptance of herself before God that disarms shame rather than feeding it.

God opposes the proud but gives grace to the humble. — James 4:6

Humility Is Not Self-Deprecation

True humility is not self-deprecation, not the running-down of oneself, not the belittling of one's gifts or the denial of one's worth, for that is not humility but shame wearing a pious mask. Many women confuse humility with thinking poorly of themselves, with self-deprecation, with minimizing their gifts and denying their worth, and so they practice what they take to be a virtue while actually feeding the shame that binds them, for self-deprecation is not humility but a form of shame, a false lowliness that dishonors the woman God made and loves. This confusion is dangerous, for it keeps a woman in shame under the guise of virtue, convincing her that to run herself down is holy, when in truth it is the enemy's lie dressed as humility, dishonoring the God who made her precious. The woman who understands that humility is not self-deprecation can stop mistaking shame for virtue and seek the true humility that frees rather than binds. Humility is not self-deprecation, not the running-down of oneself or the denial of one's worth, for that is shame wearing a pious mask, a false lowliness that dishonors the woman God made and loves rather than the virtue it pretends to be.

Humility Is Seeing Yourself Truly

True humility is a clear-eyed acceptance of who a woman is and who she is not before God, seeing herself truly, neither inflating herself with pride nor diminishing herself with shame, but accepting with peace the truth of herself as God sees her. Humility is truth, the honest and peaceful acceptance of who a woman really is before God, her genuine gifts and her genuine limitations, her real dignity as a beloved daughter of God and her real dependence on Him, neither the pride that overstates herself nor the shame that understates her, but the clear-eyed truth that sees herself as God sees her. This means true humility is not thinking less of herself but seeing herself truly, accepting both her God-given worth and her creaturely limitations with peace, resting in the truth of who she is rather than in the lies of pride or shame. The woman who practices humility as

seeing herself truly accepts the truth of who she is before God, neither inflated by pride nor diminished by shame, but at peace in the truth. Humility is seeing yourself truly, a clear-eyed acceptance of who a woman is and is not before God, neither inflating herself with pride nor diminishing herself with shame, but resting in the peaceful truth of herself as God sees her.

Why Humility Defeats Shame

True humility defeats shame because it rests in the truth, and shame is a lie, so that the woman who sees herself truly before God, accepting her belovedness and her limitations alike, has no place left for the lies of shame to stand. Shame is a lie about who a woman is, and true humility is the truth about who she is, so that humility directly disarms shame by replacing its lies with the truth, for the woman who accepts in peace that she is a beloved and dignified daughter of God, with real gifts and real limits, cannot at the same time believe shame's lie that she is worthless and disqualified. This is why humility defeats shame, for the two cannot coexist, the truth of humility driving out the lie of shame, so that as a woman grows in the clear-eyed, peaceful acceptance of who she truly is before God, shame loses its grip, having no falsehood left to feed on. The woman who grows in true humility defeats shame by resting in the truth, leaving the lies of shame no place to stand. Why humility defeats shame is that humility rests in the truth and shame is a lie, so that the woman who sees herself truly before God, accepting her belovedness and her limitations alike, drives out the lies of shame by replacing them with the truth they cannot survive.

CHAPTER SEVEN

Recovering the Ground

Reclaiming What Shame Has Stolen

Disarming shame is not usually the work of a single moment but an ongoing recovery of ground, a reclaiming, over time, of the territory that shame has stolen, the confidence, the peace, the sense of belovedness and calling that shame took, so that a woman steadily recovers what the enemy stole. Understanding how to recover the ground, through Reconciliation, through living in the truth, through persevering against the lies, equips a woman for the ongoing work of reclaiming what shame has taken and living free.

I will restore to you the years that the swarming locust has eaten. — Joel 2:25

Reconciliation Recovers Lost Ground

One of the chief means of recovering ground lost to shame and sin is the sacrament of Reconciliation, which not only forgives a woman's sins but cleanses the shame attached to them, restoring her to God and to herself and reclaiming the ground the enemy had taken. Reconciliation is a powerful weapon against shame, for in it a woman's sins are truly forgiven, removing the real guilt, and she is restored to God's friendship and to her own true self, so that the shame that attached itself to her sins is cleansed, the enemy's accusation answered by God's absolution, and the ground lost to sin and shame recovered. This means a woman can use Reconciliation deliberately to recover ground, bringing her sins and the shame bound up with them to the sacrament, receiving not only forgiveness but the restoration of her true identity, reclaiming the territory the enemy had taken through sin and shame. The woman who uses Reconciliation to recover lost ground brings her sins and shame to the sacrament, receiving forgiveness and restoration that reclaim what the enemy had stolen. Reconciliation recovers lost ground, forgiving a woman's sins and cleansing the shame attached to them, restoring her to God and to herself, so that she can use the sacrament deliberately to reclaim the territory the enemy had taken through sin and shame.

Living in the Truth

Recovering ground from shame means a woman learns to live in the truth, actively replacing the lies of shame with the truths that answer them, so that she steadily reclaims her mind and heart from the falsehoods that held them. Because shame rules through lies, recovering ground from it means living in the truth, deliberately answering each lie with the truth that destroys it, reminding herself that she is fearfully and wonderfully made, that her worth is given not earned, that God wants someone like her, that her past is redeemed, so that she replaces the lies of shame with the truths of God and reclaims her inner life. This living in the truth is an active and ongoing work, the daily refusal of the lies and the deliberate holding to the truths that answer them, so that over time a woman's mind and heart are reclaimed from shame, retrained in the truth, steadily recovering the ground the lies had held. The woman who lives in the truth recovers ground from shame by actively replacing its lies with the truths that answer them, reclaiming her mind and heart over time. Living in the truth recovers ground from shame, a woman deliberately answering each lie with the truth that destroys it, so that she replaces the falsehoods of shame with the truths of God and steadily reclaims her mind and heart from the lies that held them.

Restoration Over Time

The recovery of ground from shame is a work of restoration over time, in which God restores to a woman what shame has eaten, the years, the confidence, the peace, the

calling, so that she can persevere in the work of disarming shame, trusting that God is restoring what was lost. God promises to restore the years the locust has eaten, and this is His work in a woman reclaiming ground from shame, a restoration over time of what shame had devoured, her confidence, her peace, her sense of belovedness and calling, gradually given back as she perseveres in the truth and draws on grace. This means a woman need not be discouraged that disarming shame is not instant, for it is a work of restoration over time, God steadily giving back what shame stole, so that she perseveres in the reclaiming, trusting that the ground is being recovered and the years restored even when the progress is slow. The woman who trusts in restoration over time perseveres in disarming shame, confident that God is steadily restoring what the enemy devoured. Restoration over time is how the ground is recovered, God restoring to a woman what shame has eaten, her confidence, peace, and calling given back gradually as she perseveres, so that she trusts the slow work of restoration and keeps reclaiming what was lost.

CONCLUSION

No Condemnation

The woman weighed down by shame, convinced in her depths that she was not enough, or too much, or unworthy, or disqualified, now has the truth that disarms every lie. We have seen that shame is not guilt but a corrosive conviction that attacks who she is; that she is neither not enough nor too much but fearfully and wonderfully made; that her worth is given, not earned, grounded in God's love; that God wants exactly someone like her; that her past does not have the last word, for in Christ she is made new; that true humility, the clear-eyed acceptance of who she is before God, disarms shame; and that she can recover, over time, the ground shame has stolen.

Through all of it runs a single truth: there is no condemnation for those in Christ. Shame is the voice of condemnation, telling a woman she is worthless, disqualified, beyond love, but that voice is a liar, for God does not condemn the woman in Christ but loves her, declares her precious, makes her new, and wants her for Himself. The weapon aimed at her is real, but it is disarmed by the truth, and the truth is that she is loved.

So when shame whispers its lies, answer them with the truth. When it says you are not enough or too much, remember that you are fearfully and wonderfully made. When it says your worth depends on what you produce, rest in being precious to God simply because you are His. When it says God could not want someone like you, remember that He chooses the very ones who feel disqualified. When it says your past has ruined you,

remember that in Christ you are a new creation. Grow in true humility, the peaceful acceptance of who you are before God, which leaves shame no place to stand. Use Reconciliation to recover lost ground, live deliberately in the truth, and trust God to restore over time what shame has eaten. The enemy's favorite weapon against you is shame, but it is disarmed by the truth that there is no condemnation for those in Christ. You are not what shame says you are. You are fearfully and wonderfully made, precious, wanted, made new, and loved.

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Disarming Shame is part of The Daily Bread Library.