



CAPITOL COMMISSION™

The “S” Word

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I heard a message recently that seemed to resonate with a large majority of the audience. It was about a word, an “S” word, which brought tears to the eyes of many who were listening. It bought back a flood of emotions from past experiences that were buried in the deep recesses of the mind only to flood to the surface at the simplest reminder. Its effects were pain, grief and hurt.

The “S” word was “shame”.

Why was there such a strong reaction by so many? Here are a few reasons:

- **Shame is personal.** It is a painful feeling of humiliation, distress, guilt, regret or sadness often caused by the remembrance of wrong or foolish behavior. The Bible says “all have sinned and fallen short of the glory of God” (Romans 3:23). Sin brings shame.
- **Shame is permanent.** There is nothing we can do to remove the shame. We try to cover it up, hide it, but deep inside it never goes away. No matter how much we work to make up for it, the Bible says our righteousness, our attempts to clean up our act and remove our shame, is like filthy rags.
- **Shame is pervasive.** It seeps into every crack and crevice of our lives. There is no part of our lives it does not touch. We strive to ignore it, numb it, sanitize and justify it but it never, ever goes away.

What can we do? The Bible says, “...how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to serve the living God.” (Hebrews 9:14)

Turn to Jesus. He will remove your guilt, regret, distress and humiliation. Jesus will remove your shame.