

# Motivating Without Shame

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1. What is Shame? (How do we describe it?)
2. If we don't use it, how do we motivate someone...?

# What is shame?

- A. An emotion / feeling.
- B. It's when we Disgrace others, Disfigure, Put Down, Dishonored, Despised, Superimpose (Label).

Shame says: something is wrong with you.

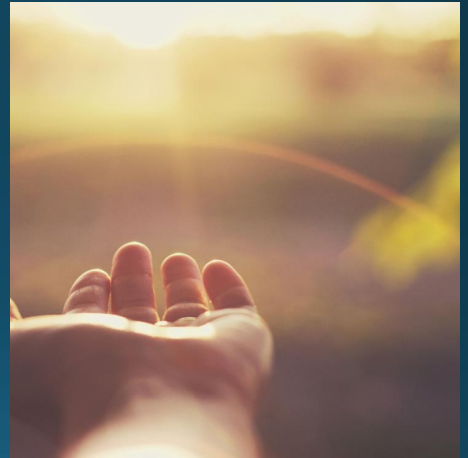
(Guilt says: something is wrong with what I did)

Shame is a very Judgmental / Critical in it's evaluation of others.

Shame ties choices / behaviors to personal worth, and when the choices / behaviors are not what we think are good - the persons worth / value / abilities intellect are attacked and disfigured / despised.

# Shame doesn't leave a road back:

- > Unless you grovel, you are labeled.
- > And even then there isn't true forgiveness, your past can be used against you to belittle / demean, cast doubt, or force compliance at any time.



Shame-based people are very prideful.

- > Because of our own shame, we elevate ourselves by shaming / belittling others.

How do we motivate,  
without using Shame?

- A. Let's flip that question first, and then we'll.....



# “How do we use Shame to Motivate?”

1. If the person doesn't do what we think they should do,

If the person makes a mistake, bad choice, fails,

If the person makes us look bad:

2. The person is attacked in the realm of:

- > Who they are, their worth / value / abilities.
- > They are their behavior / choices.
- > They are discredited, despised, made fun of, judged, criticized, humiliated (publicly if possible), grace is removed, labeled, devalued as a person, dishonored, something is wrong with them as a person / Christian.
- > Fear is instilled, (Of it happening to them.....)



# 3. For what purpose?

> To change their behavior / choices.

God's  
Example:  
(How does  
God motivate  
without  
shame?)

1. God is after the Heart, more than the head.  
  
> Get the Heart, and the Head will follow.

## 2. Obedience can be Forced, or Willfully Given.

>God wants it to be Willfully Given.

>He does not force it in the age of Decision (Adults).

>Even in Age of Directives, discipline can be accomplished without using shame.

### A. What the Key to motivating without using Shame?

#### 1. God's example:

> Go after the Heart, into the emotions.

#### 2. Shame goes via the Head, into the emotions.

> Win the Heart, and the Head will follow.



## #1 - God Goes After the Heart of the Person.

### Romans 10:9-10 (NKJV)

[9] that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. [10] For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.



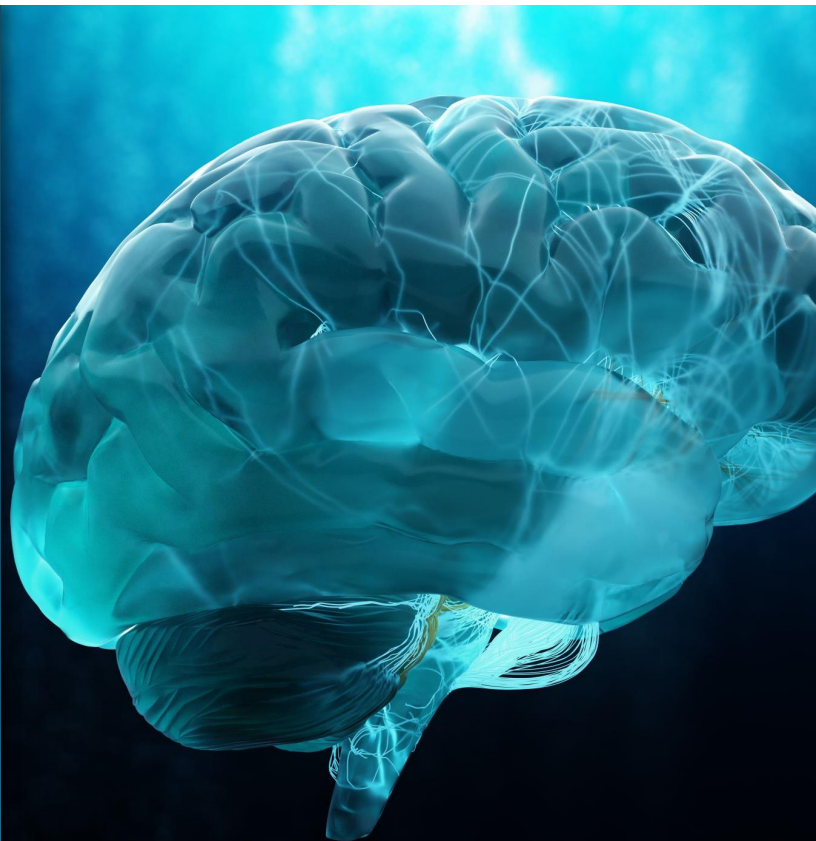
## A. Greek word for Heart: "Kardia"

- > It means: the physical Heart.
- > Also means: the mind, thoughts, feelings.

B. It's not Psuche, or a relative of the word, it Kardia...

## #2 - Heart (The Heart Brain)

- A. From what research is understanding, our heart works as our guide / conscience.
- B. The Head Brain always checks with the Heart before making a decision.





Matthew 22:37 (NKJV)

[37] Jesus said to him, "You shall love the LORD your God with all your heart.....

Proverbs 23:7 (KJV)

[7] For as he thinketh in his heart, so is he.....

(Proverbs 4:23 (AMP)

[23] Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.

Philippians 4:6-7 (NIV)

[6] Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

## To live from a non-spiritual Heart:

Matthew 15:1-11 (NKJV)

[1] Then the scribes and Pharisees who were from Jerusalem came to Jesus, saying,  
[2] “Why do Your disciples transgress the tradition of the elders? For they do not wash their hands when they eat bread.”

Matthew 15:1-11 (NKJV)

[3] He answered and said to them,  
“Why do you also transgress the commandment of God because of your tradition? [4] “For God commanded, saying, ‘Honor your father and your mother’; and, ‘He who curses father or mother, let him be put to death.’

## Matthew 15:1-11 (NKJV)

[5] “But you say, ‘Whoever says to his father or mother, “Whatever profit you might have received from me is a gift to God”— [6] ‘then he need not honor his father or mother.’ Thus you have made the commandment of God of no effect by your tradition.

## Matthew 15:1-11 (NKJV)

[7] “Hypocrites! Well did Isaiah prophesy about you, saying:

[8] ‘These people draw near to Me with their mouth,

And honor Me with their lips, But their heart is far from Me.

[9] And in vain they worship Me, Teaching as doctrines the commandments of men.”

## Matthew 15:1-11 (NKJV)

[10] When He had called the multitude to Himself, He said to them, "Hear and understand: [11] "Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man."

## Matthew 15:15-20 (NKJV)

[15] Then Peter answered and said to Him, "Explain this parable to us." [16] So Jesus said, "Are you also still without understanding? [17] "Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated?"

## Matthew 15:15-20 (NKJV)

[18] "But those things which proceed out of the mouth come from the heart, and they defile a man. [19] "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. [20] "These are the things which defile a man, but to eat with unwashed hands does not defile a man."

## 1 Timothy 1:5-7 (NKJV)

[5] Now the purpose of the commandment is love from a pure heart, from a good conscience, and from sincere faith, [6] from which some, having strayed, have turned aside to idle talk, [7] desiring to be teachers of the law, understanding neither what they say nor the things which they affirm.

# 1 Timothy 4:1-2 (NKJV)

[1] Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, [2] speaking lies in hypocrisy, having their own conscience seared with a hot iron,

Shame literally crushes the God influence of the heart which is described as the 'Conscience'.

1. It becomes about rules, laws, traditions.
  - > And yes, it does work to change behavior.

2. The results are a broken person:

- a. limited....., fearful, self-conscious, low self-esteem, loss of confidence, self-hate, self-destructive, Act-In, etc.
- b. Or: Rebellious, hateful toward others, defiant, Act-Out, etc.

## John 16:8 (AMP)

[8] And when He comes, He will convict and convince the world and bring demonstration to it about sin and about righteousness (uprightness of heart and right standing with God) and about judgment:



# John 16:9-11 (AMP)

[9] About sin, because they do not believe in Me [trust in, rely on, and adhere to Me];

[10] About righteousness (uprightness of heart and right standing with God), because I go to My Father, and you will see Me no longer;

[11] About judgment, because the ruler (evil genius, prince) of this world [Satan] is judged and condemned and sentence already is passed upon him.

## “Shame”

- It emotionally bonds us to our Choices / Behaviors.  
(No Escape / Recovery is available)  
(I AM an: Addict / Alcoholic / Etc.)
- Something is Wrong with me / in me.
- I am Less Than. I don't measure up.
- I am Broken / Flawed / Defective.
- I'm somehow Damaged beyond others.
- I am UnLoveable / UnLoved.
- It Belittles, Demeans, Puts others Down / Beneath.
- It often Labels a person for Life.

# “Shame”

- Produces a person who is limited in life because of their flaws.
- They are Fearful, Self-conscious, Low Self-esteem, Loss of Confidence, etc. because they don't feel Accepted, Loved, Valuable.
- Produces Rebellion, Hate, etc. - because I'm Not Good Enough for..... - So I retaliate against.....
- It results in Rejection of the Person, and separating ourselves from them to teach them a lesson so they change who they are.
- If they continue to choose poorly, we want nothing to do with them - Disgust / Shunning.

# “Shame”

- Causes us to hide ourselves.
- Fear causes us to hide.
- Fellowship / Closeness are broken.
- Separation takes place.

# The Holy Spirit uses Love.

> Love wins the Heart.

## “Love”

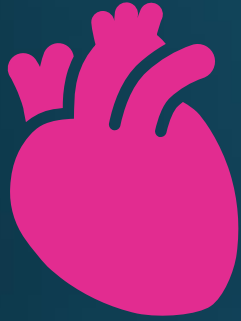
- Separates us from our Choices / Behaviors/Mistakes(Never to be remember against us again)
- Our Value /Worth is not Determined by our Choices / Behaviors / Mistakes
- Separates the Actions of a person from their Value. Valuing them as a person, despite their choices, behaviors, actions.

## “Love”

- Results in bringing the person closer in an effort to influence them in their choices / behaviors, because we want the best for them.
- If they continue to choose poorly, we will walk alongside of them in life in an effort to understand them and help them fix what is broken. (70 x 7)
- There is Never any Rejection of the Person to cause them to conform.

## “Love”

- It does not Disfigure, Disgrace, Label, or use Rejection.
- It tries to Encourage, Edify, Free the other person from Limits or Bondage.
- It Produces people who are outward focused and conscious. People of Empathy, Understanding, and Compassion.
- It leaves them feeling Valued, Accepted, Graced, Welcomed, with nothing to Measure Up To.



Once you have the Heart, you have the person,  
and motivation is no longer a problem.

## How do we win the Heart?

1. How does God do it??
  - a. He COMMUNICATES to us that he Cares about us, and wants nothing but the Best for us and our life.

He Loves us in every form of communication.

- b. He doesn't Shame us.

# How do we win the Heart?

2. He protects us from humiliation, disgrace, criticism, judgment and Rejection.
3. He pulls us closer, and doesn't push us away.

4. He convinces us that he is interested in us for what's best for us.
  - a. Not simply changing what we do, or how we do it.
  - b. It's about offering hope and genuine care / love
  - c. He doesn't tear us down - to build us up.

**5. He talks with us, not to or at us.**

**- using affirming instructional language**

**6. He Realizes we have a choice in the decision, and approaches us and the conversation from that perspective.**

**- Shame forces the decision.**

**(There's no other intelligent choice)**

**7. He Realizes we have a choice in the decision, and approaches us and the conversation from that perspective.**

**- Shame forces the decision.**

**(There's no other intelligent choice)**

**God doesn't come across in fear like he needs to be in or gain control - he simply lays it out.**

**- But what if they make the wrong choice?**



**Shame needs to gain control and is fueled by the fear of not getting control and something bad.....**

**Being in control of how it goes is paramount. If that's not gained, the person is attacked.**

**Why? To gain control.**

**(In that process, the shamer will often lose self-control...)**

How do we win the Heart?

4. Is there instruction?  
Is there correction?  
Is there discipline?  
Are there boundaries?



**Anytime there is a belittling or devaluing of the person in any way, or an attack on their intelligence or capabilities - we are using Shame.**