

## “Leaving Shame Behind”



By Mrs. Sojourner

Have you ever noticed that if you ask people what good things they have done they often have trouble making a list of any length, but if you ask them about mistakes they've made they can give you a long list or at least indicate that the list is long if they do not want to admit to specifics.

So many people carry shame around like a treasure. They cling to it and make sure it is with them wherever they go. One could say they have a love-hate relationship with shame: they do not like the way it makes them feel, but they refuse to give it up because they think it is what they deserve.

Understanding that every person has done things they regret, I know I have, BUT let us remember what Jesus did to relieve people of the weight of shame.

<sup>3</sup> He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. <sup>4</sup> Surely he took up our infirmities, and carried our sorrows, yet we consid-

Notes:

[a]

Isaiah  
53:3-9

ered him stricken by God, smitten by him, and afflicted. <sup>5</sup> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. ... <sup>7</sup> He was oppressed and afflicted, yet he did not open his mouth... <sup>8</sup> ... for the transgression of my people he was stricken. <sup>9</sup> He was assigned a grave with the wicked, and with the rich in his death, though he had done no violence, nor was any deceit in his mouth. [a] (emphasis added)

He suffered the underlined things so we would not have to carry shame, sorrow etc. Verse 7 tells us “the punishment that brought us peace was upon him.” We who accept Christ as Savior and Lord have this peace and can throw off shame like an old coat, leave it behind and walk through the rest of our lives in his freedom. He suffered so we would not have to carry our sins any more. Accept his sacrifice, his freedom, his peace, and leave shame behind.

9-01

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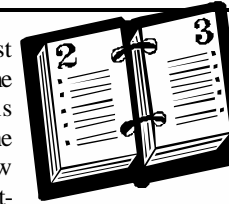
# Sojourning

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...with The Sojourner

## “Yesterday, Today, Forever” (Teaching Sketch)

Hebrews 13 :1-8



Probably the greatest appreciation of time in the life of people is the passing from the old year to the new year, or the celebrating of a person's own birthday.

These dates are time markers in every life. It is at these times when a person is often predisposed to evaluate where they are at this time marker in their temporal existence. Notice, I said, temporal existence. We will all exist forever. The question becomes what direction and form our own existence will take.

Hebrews 13:8 tells us, “Jesus Christ is the same yesterday and today and forever.” Make no mistake about it, Christ came not to change himself but to change us. It is Christ who makes Believers into new creatures, old things pass away and all things become new.<sup>[1]</sup>

### Past

When a person accepts Christ

as their Lord and Savior, they are completely new! The past is past. If this truth is not grasped, realized, clung to, then the person will not come to a full understanding of just what Christ has done for them. They will never allow their minds to be renewed so they can function as this new creature into which they have been changed. Scripture tells us, “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will.”<sup>[2]</sup> “The pattern of this world” is the Believer's past.

### Present

The present is where we currently inhabit. The conditions of the present are due to a person's past choices, will, and behavior.

The present is a very fleeting moment in time. It is only in the present where life conditions can be changed or transformed, if you will. This

Notes:

[1]  
2 Cor.  
5:17

[2]  
Rom.  
12:2

[2]  
James  
1:12

9-01

Please note: This is a teaching sketch only and not the complete teaching.

## Scripture: Hebrews 13:1-8 (NIV)

(NIV used to allow English speakers around the world equal understanding of the words used)

<sup>1</sup>Keep on loving each other as brothers. <sup>2</sup>Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. <sup>3</sup>Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. <sup>4</sup>Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. <sup>5</sup>Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."<sup>[a]</sup>

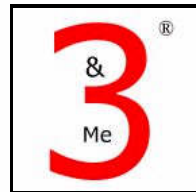
### Notes: [a]

Deut.  
31:6

[b]

Psalm  
118:6,7

<sup>6</sup>So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"<sup>[b]</sup> <sup>7</sup>Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. <sup>8</sup>Jesus Christ is the same yesterday and today and forever.



### Just so you'll know:

**Our service is informal.** We look to the Holy Spirit of God to guide us corporately and individually.

Our service usually follows this general pattern:

- **Informal sharing** of what we have seen the Lord do in, through, and around us since we last met.
  - Testimonies are often a part of the conversation.
- **Opening Prayer**
- **Praise & Worship**
- **Words of Prophecy or Knowledge** if they have been given during "Praise & Worship" (other times as the Spirit moves).
- **The Pastoral Message**
- **Prayer Requests**
  - Ministry to those present & intercession.
- **The Blessing**

## "Yesterday, Today, Forever" (Teaching ketch)

Hebrews 13 :1-8

transformation then is a matter of will—the will of the individual not the will of God since God never changes. God's will is to bless mankind, even you and I. God's perfect will is for all mankind to be in fellowship with him.

The challenge then is for us to conform to God's will or plan in order to access the blessings of The Kingdom—Christ's Kingdom.

If we are dissatisfied with our present then now is the only time in which we can bring change, growth, or transformation. Today, then, is when we create a new direction for what will be our past. Today, then, is where we create the new direction in which our future resides!

### Future

Our future resides in forever! We control the who, what, where, and how of our own eternity. This is more than Heaven or hell. This is, if we have chosen God's plan, connected to our status in God's eternal plan. Yes grace is free and there is nothing we can do to earn salvation but those things we do for God once we have accepted Christ as Lord and Savior have a great bear-

ing on how we function in eternity ruling and reigning with Christ throughout the whole universe of his creation. We will not become angles or little cherubs with harps.

Each believer will have a function in eternity just as each believer has a function in time, now!

It is in the present where we conform to Christ's will. James said in his letter, "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him."<sup>[3]</sup>

Set your eternity in the present with Christ so you can enjoy your future and reminisce in an enjoyable past!

HAPPY  
NEW  
YEAR!  
HAPPY  
NEW  
LIFE!