



BARNACLES OF THE SOUL:

***SKEWED NARRATIVES
THAT WEIGH US DOWN***

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Romans 12:2

**Don't copy the behaviors and customs of this world,
but let God transform you into a new person
by changing the way you think.**

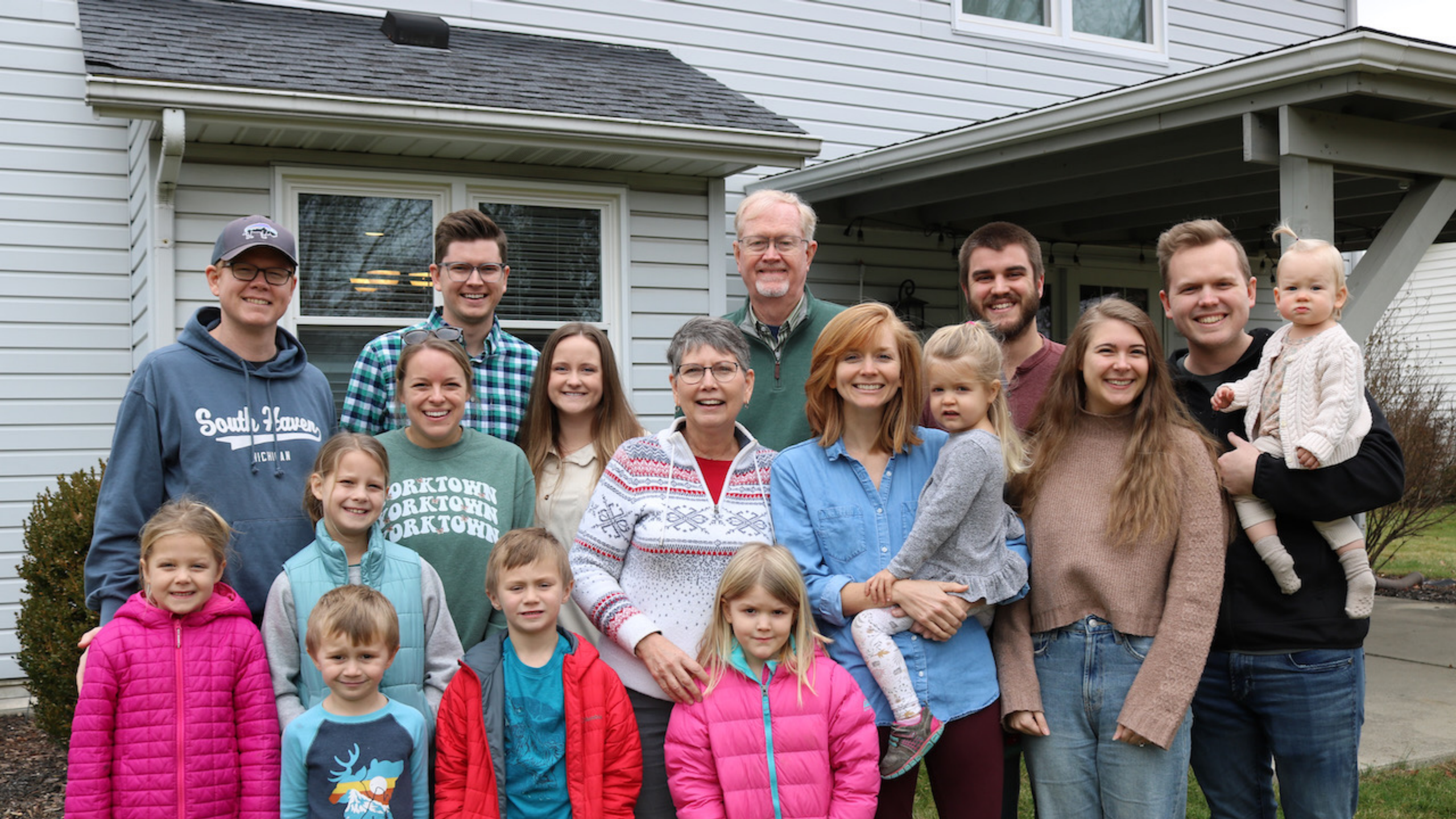
**Then you will learn to know God's will for you,
which is good and pleasing and perfect.**

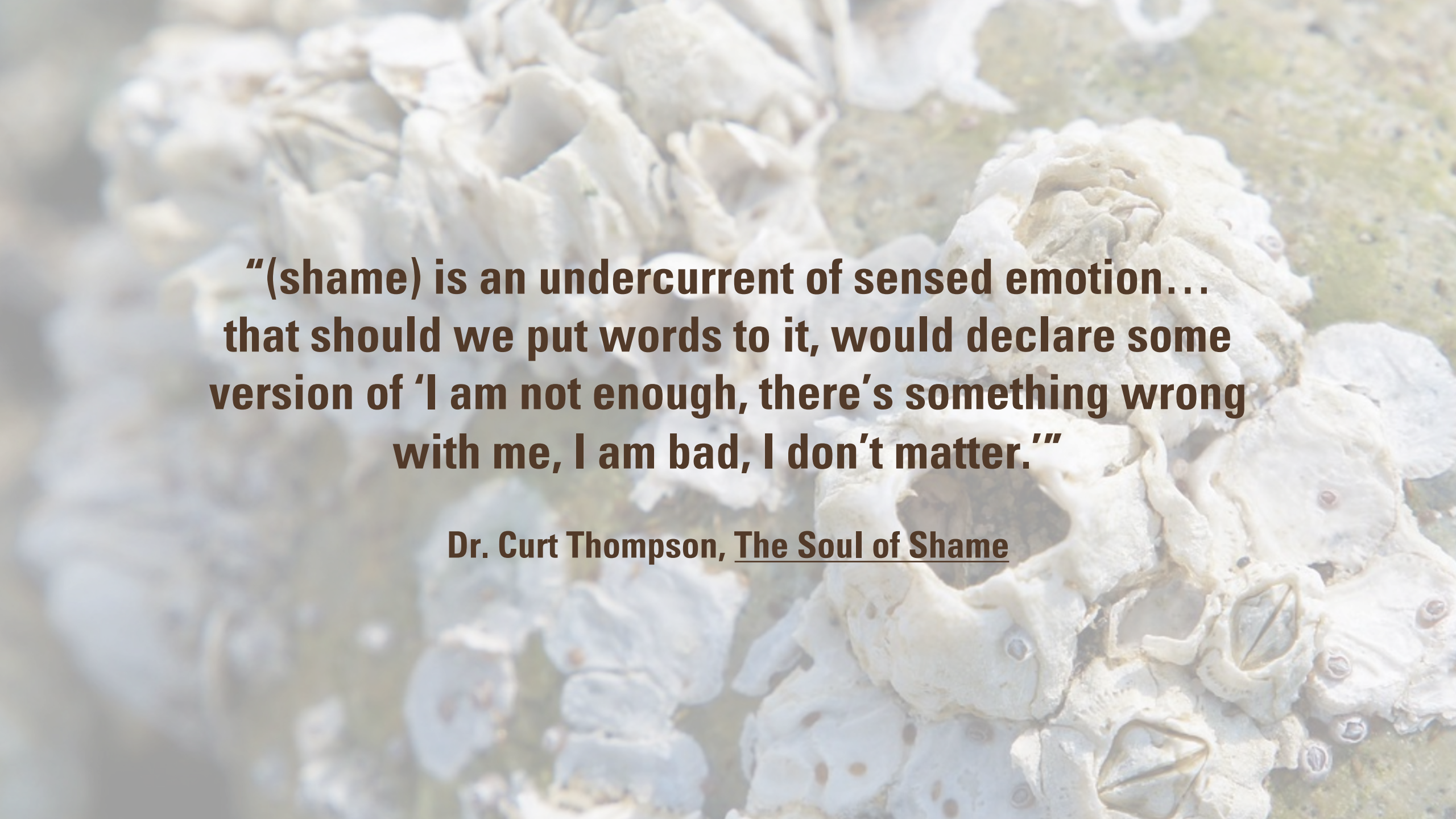


1 John 3:20

**“Even if we feel guilty,
God is greater than our feelings,
And He knows everything.”**





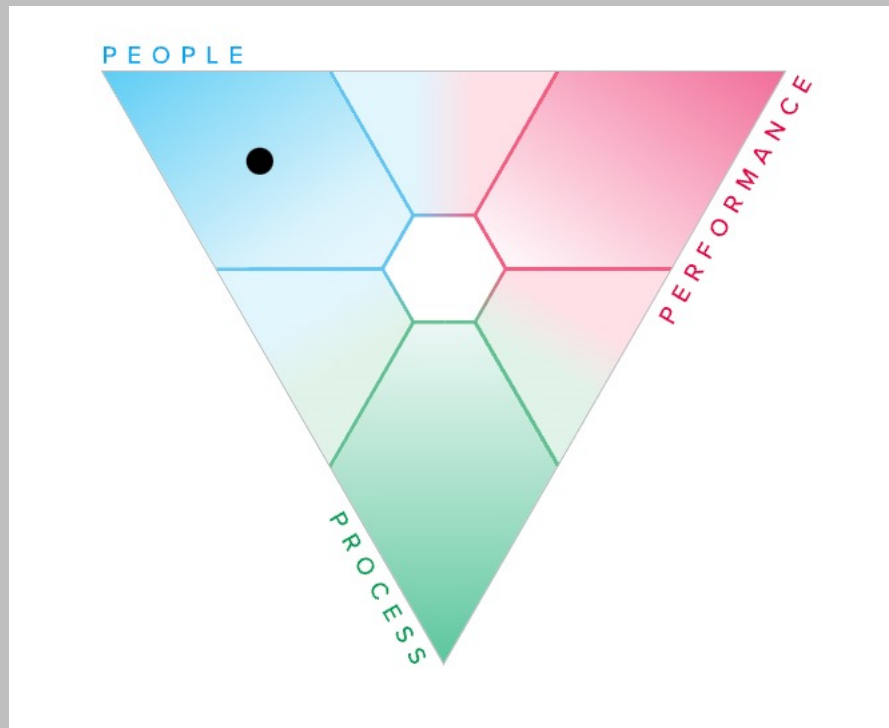


**“(shame) is an undercurrent of sensed emotion...
that should we put words to it, would declare some
version of ‘I am not enough, there’s something wrong
with me, I am bad, I don’t matter.’”**

Dr. Curt Thompson, The Soul of Shame

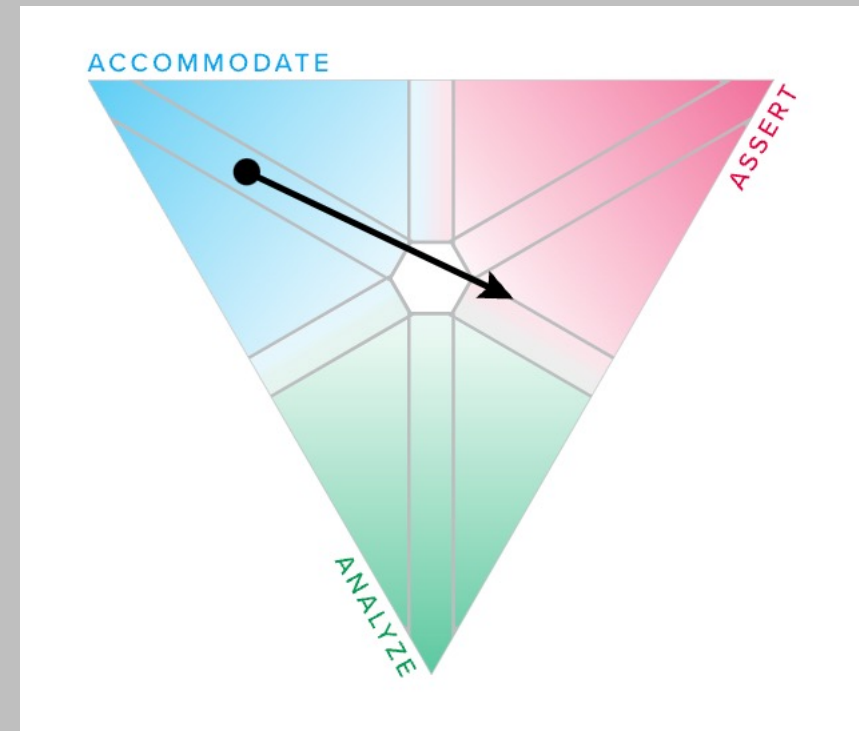


Motivational Value System



People 72
Performance 14
Process 14

Conflict Sequence R-G-B



Assert 43
Analyze 36
Accommodate 21

Personal Reflection:

What shame narrative is most problematic for you?

When is it most likely to show up?

What parts of your story help you understand its formation?

What unhelpful things do you currently do to deal with the discomfort?

When your shame narrative shows up, what healthy choices do you sometimes make to allow for intentional internalization of the Gospel?

I am not ok as I am.

I am a disappointment.

I am not _____ enough.

I am unlovable.

I am stupid.

I should know better.

I am worthless/inadequate.

I should have _____.

I did something wrong.

It is not ok for me to feel as I do.

It is not ok for me to express emotion.

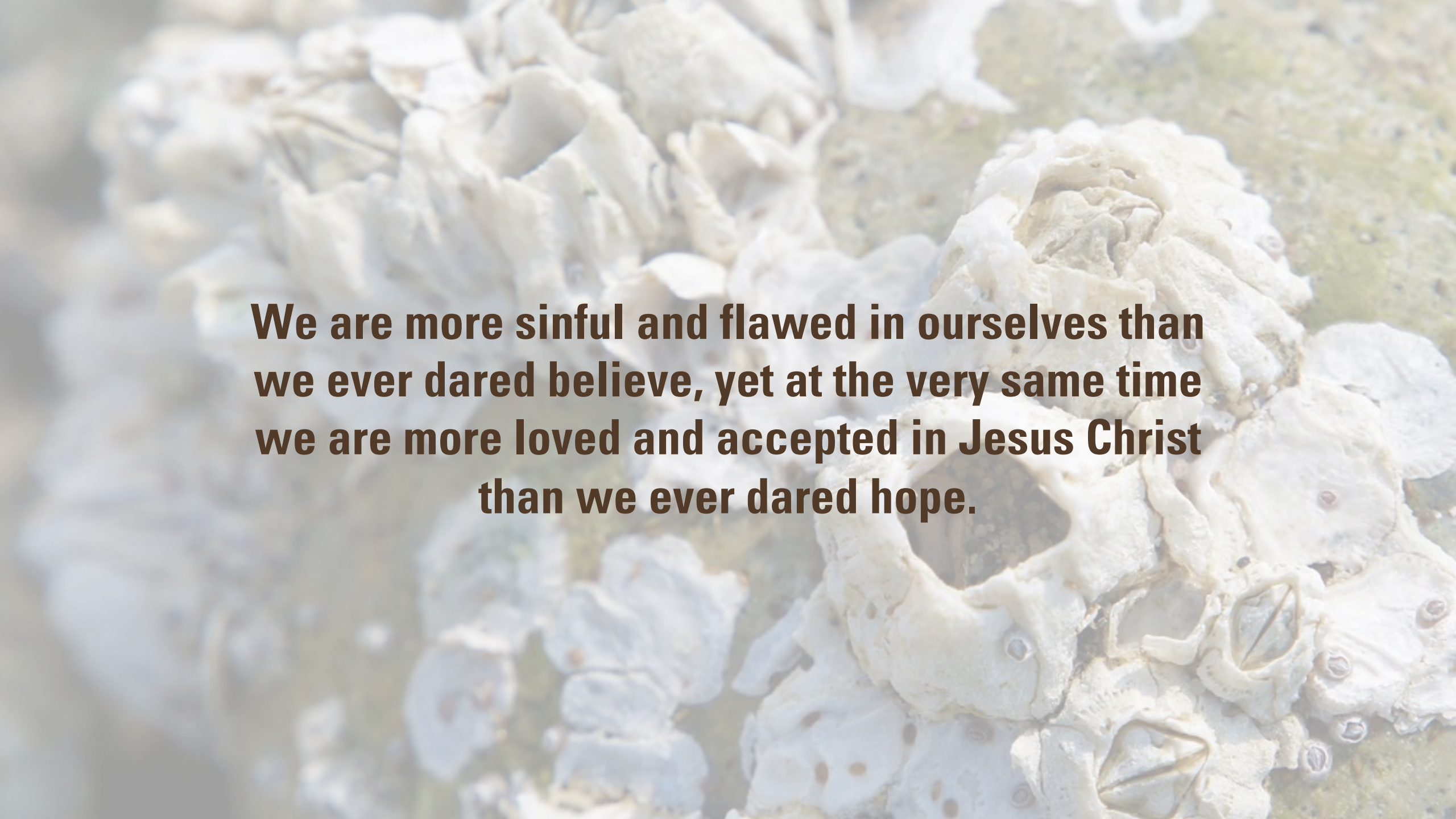
I am not in control. I must be in control.

I am a failure.

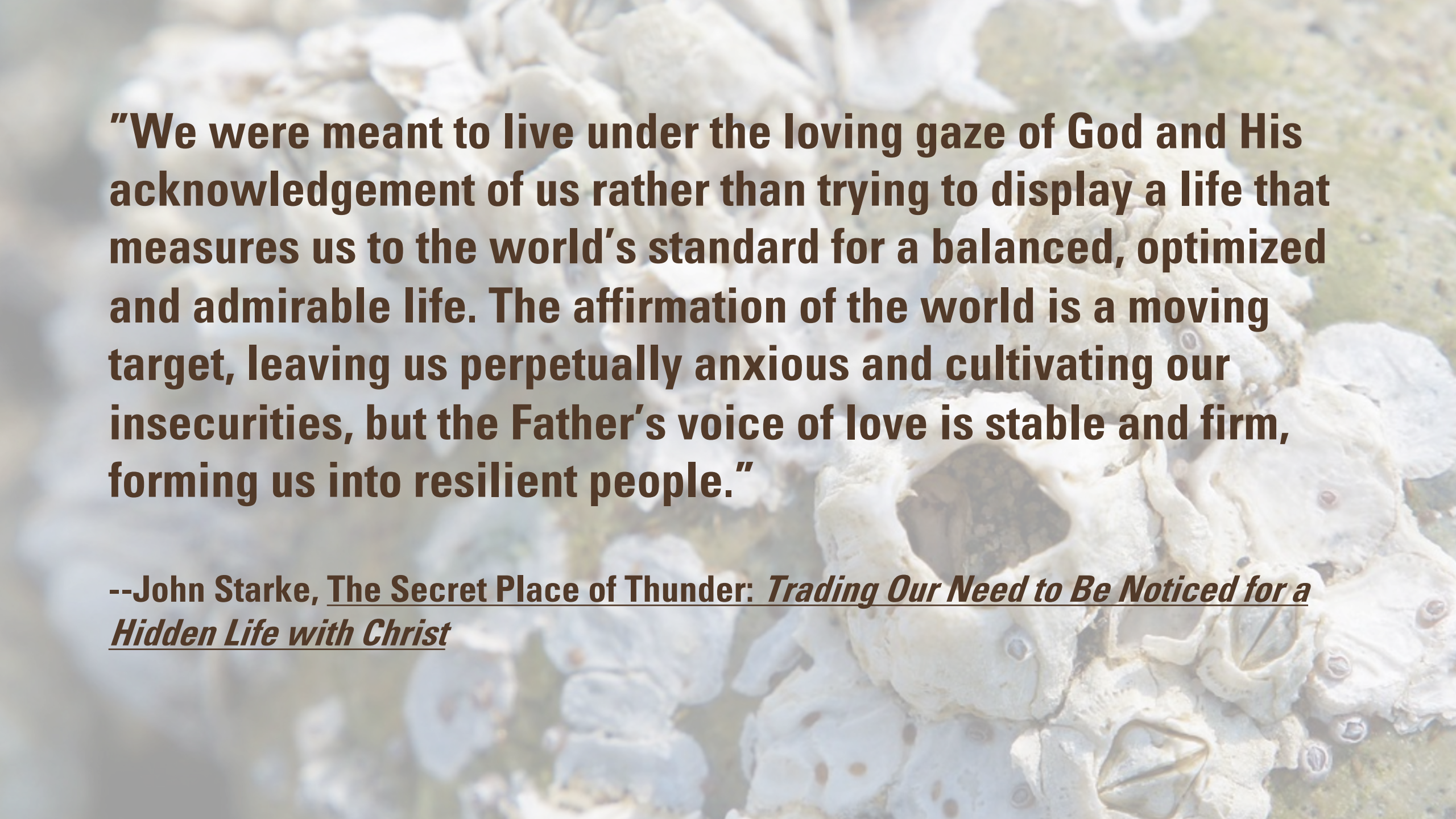
I cannot trust others.

I cannot get what I need.

I need to work harder!



We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope.



“We were meant to live under the loving gaze of God and His acknowledgement of us rather than trying to display a life that measures us to the world’s standard for a balanced, optimized and admirable life. The affirmation of the world is a moving target, leaving us perpetually anxious and cultivating our insecurities, but the Father’s voice of love is stable and firm, forming us into resilient people.”

--John Starke, *The Secret Place of Thunder: Trading Our Need to Be Noticed for a Hidden Life with Christ*

The background of the image is a close-up, slightly blurred photograph of numerous white seashells scattered on a sandy beach. The shells are of various sizes and shapes, some showing their ridges and others their smooth surfaces. The lighting is bright, creating soft shadows and highlights on the shells' surfaces.

Being accepted without being known is superficial, shallow and leaves us feeling disconnected from others.

Being known and not accepted is what we truly fear, keeping us looking for ways to stay hidden or ways to prove the narrative wrong.

Being known and accepted is truly Christ-like, the way of grace, the way of healing.

(loosely adapted from Curt Thompson's teachings)



Exercise:

What is one thing in your ministry life or personal life that wants to inform you that you aren't enough...you need to do more...you haven't accomplished enough...you don't have what it takes...you've failed...whatever applies here.

How do you hope to encounter the Spirit in fresh ways during these days away?

Worthy of Love and Belonging

Because God says we are worthy of love and belonging.

“If God is for us, who can ever be against us? Since he did not spare even his own Son but gave him up for us all won't he also give us everything else? Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. Who then will condemn us? No one--for Christ Jesus died for us and was raised to life for us, and He is sitting in the place of honor at God's right hand, pleading for us.”

--Romans 8:31-34