

# Shame Creates Mythology

John 5

- Paralyzed for 38 Years
- Pagan Mythology and the Pool

The background is a dark blue gradient with several faint, light blue circular patterns. These patterns include concentric circles, dashed lines, and radial tick marks, resembling a technical or scientific diagram. Some numbers like 150, 180, 210, 240, and 260 are visible along the arcs of these circles.

# Addiction and Trauma

“I will prove to you God does not exist.”

The background is a dark blue gradient with several faint, light blue technical diagrams. These include circular gauges with numerical scales (e.g., 150, 180, 210, 240, 260) and various circular paths, some solid and some dashed, with arrows indicating direction. The overall aesthetic is technical and modern.

# T-Shirts and Jesus

What label is on your t-shirt?



The background is a dark blue gradient with several faint, light blue circular patterns. These patterns include concentric circles, dashed lines, and radial tick marks, resembling a technical or scientific diagram. Some of the numbers visible on these patterns include 140, 150, 160, 170, 180, 190, 200, 220, 230, 240, 250, and 260.

# One Chair Theology My Story

The nameless, faceless omni-being.

# SHAME-BASED DEFENSES THAT LIMIT GRACE-BASED LIVING

- Triggered when dignity is endangered; feeling powerless
- Put-down other people
- Spiraling out-of-control attacks on others
- Raging at others
- Backbiting, gossip, slander, sarcasm, hatefulness
- Attracted to shame-based relationships
- Abusing others whose behavior threatens our dignity

**ATTACK  
OTHER**

**AVOIDANCE**

**INTERNAL  
SHAME**

**“THE LIE”  
“Not Enough”**

**ATTACK  
SELF**

- Avoid any potential embarrassment
- Become shy when uncomfortable about expectations
- Have difficulty making close friends
- Hyper-vigilance about potentially shaming situations
- Avoid places and situations that might humiliate
- Go into my False-Self to pretend
- Use analyzing to avoid vulnerability
- Control the behavior of others
- Perfectionism
- Grandiosity about who I am and what I have done

**WITHDRAWAL**

- Fixed behaviors to cover-up: hand covering mouth, biting lips, stuttering, dropping eyes, closed body positions
- Giving up on life in resignation
- Depression; hopelessness
- Addictive behavior
- Social isolation
- Frigidity, impotence

- Difficulty accepting compliments
- False humility
- Verbal put-downs of myself
- Hearing put-downs in my mind
- Self-sabotaging behavior
- Self-disgust
- Self harm
- Accept abuse from others

# Three Chair Theology

The Trinity is  
THE Community  
of  
ALL Communities

John 1:1-4

Credit: C Kruger, PhD



Loneliness

≠

Creation

Credit to Dr. Janet Dean for Slide Image





We were  
created by Love  
to be loved and  
to love.

Credit to Dr. Janet Dean for Slide Image



Twice, the Father  
Says, “This is My  
Beloved Son . . .”



The Image of God  
=  
Invincible  
Preciousness



“Everyone is born looking for someone who is looking for them.” – Dr. Curt Thompson



# Jesus

- I Am there, and you are in me. So you are there too.
- I Am worthy, and you are in me. So you are worthy too.
- I Am loved, and you are in me. So you are loved too.
- I Am important, and you are in me. So you are important too.
- I Am wanted, and you are in me. So you are wanted too.

Credit: C Kruger, PhD

# The Presence of Jesus

When he pulled a gun on his dad, he wondered if he could still be loved.

# The Presence of Jesus

Jesus, what do you like about me and why?

What's grieving you?

What's making you sad these days, and why Jesus? What's bringing you joy?

Jesus, if you could take me anywhere, where would it be and why?

Jesus, if we could play a game together, what would it be and why?

Jesus, if you could ask me one question, what would it be and why?

Credit: Questions from Danielle Strickland