

I'm Robin Marie and this is your different podcast.
Welcome to "Chasing Different."

Recently I was made aware that episode 10 of My Story might have triggered some of you who deal with shame, especially carried shame.

My heart is for your healing and because of that I want to address this matter right away.

As a reminder, please be kind to yourself and choose the appropriate time, if any, to listen to this episode.

If you've chosen to continue please know that I've prayed for you ahead of time.

You are loved.

Listen in.

When we carry someone else's shame it can be very painful.

The following definition resonated with me.

Carried Shame - a painful feeling of humiliation that we carry for someone else's wrong behavior
It generally produces a body sensation in the gut.

When we hold onto painful emotions both ours and the ones we carry for others, our body keeps score.

This next statement is adapted from an article by Lisa Lewis who is a licensed counselor. I'll link to it in the show notes on my website.

<https://crossroadsthechurch.com/blog-post-3>

If you are dealing with carried shame, I cannot say this loudly enough, that person's sin is NOT yours. You are not bad, you are not wrong. You are loved and cherished by God.

This is the truth my friends, but often very hard to believe, especially as a child. Sometimes we carry childhood shame into adulthood.

As I shared an excerpt from my journal in episode 10, I now realize that the words I wrote as a teenage girl might have triggered your carried shame.

Please forgive me, that was not my intent.

I realize that shame is often transferred to others and that my own shame was at times unknowingly transferred to my own children.

It's a painful realization that I'm working on releasing as I seek healing and wholeness from my own past mistakes.

But there is hope. There is healing. When we are brave enough and vulnerable enough to risk talking about it. When we listen to each other with love, compassion and understanding, it is then that we CAN rewrite our stories.

I'd like to end with a portion from my journal written as an adult as I remembered my own teenage shame.

Do you see, world?

Do you see the scars, on my arms, on my face, on my heart?

No, I don't think you do.

BUT it's not because you really don't want to, it's because you CAN'T!

YOUR pain gets in the way! YOUR shame takes you back to secret places hidden from view.

The places where darkness seems to cover like a blanket smothering you, robbing you of air until it suffocates, until it kills.

TRUTH speaks

"Listen to my voice, there is another way, another ONE who defines you and He has clothed you and given you a new name: ACCEPTED, BEAUTIFUL, HIDDEN and SAFE, FULLY LOVED AND FULLY WHOLE!"

"Step into the light my beloved; don't be AFRAID, you may have scars but so does my son Jesus!"

The TRUTH is if we are believers, Christ followers then we have a counselor who lives inside us and never leaves us. It was God's gift, given when Jesus was taken out of the world.

John 16:7 This is Jesus talking.

But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthenener, Standby) will not come to you; but if I go, I will send Him (the Holy Spirit) to you [to be in close fellowship with you].

I love how the Amplified Bible put it!

I cling to the words of Jesus when shame rears its ugly head in my life.

I know without a doubt that His words bring the power of the Holy Spirit with them. I've seen them working over the many years I've struggled with my own brokenness.

I'm so thankful for godly earthly counselors too. I'm thankful for wise friends and family who have spoken into my life at times when I couldn't see a way out. They have been Jesus with skin on for me.

God has healed me and continues to heal me as I bravely and vulnerably open myself up to him and others and He can do the same for you.

I'd love to connect with you. I'd love to hear your story. You can find me on Instagram @robinmarie59 and on my website at www.robinmarie.org where you will find transcripts of this podcast and my children's podcast "Different Isn't Bad"

I'll leave you with this promise from God's word.

Psalms 34:5

Those who look to him are radiant, and their faces shall never be ashamed.

Thanks for listening to this very important episode.

See you next time.

