

Jesus scorned shame and so can you!

Shaming has become a trending word lately... mommy shaming, body shaming...every time you turn around someone in the media is being shamed for something. I recently have been reminded about life traps and thought about the Defective/Shame life trap. In case you are asking yourself, what is a life trap, a life trap is a term used in the counseling world to mean lifelong patterns or themes in an individual's life that "determine how we think, feel, act, and relate to others. They can trigger strong feelings such as anger, sadness, and anxiety."

As I thought about the concept of shame, I started connecting that there are many, who like myself, struggle with this life trap of feeling internally defective: not good enough, something is wrong with me, why am I different and not like everyone else. I realized that I possibly cannot be the only one who feels this way and knowingly (sometimes unknowingly) feel shame when their defects (whether real or perceived) are exposed.

A Scripture that I often ponder on is Hebrews 12: 2

Let us fix our eyes on Jesus, the author and perfecter of our faith,
who for the joy set before him endured the cross, *scorning its shame*,
and sat down at the right hand of the throne of God

I have frequently asked myself, what enabled Jesus to have the ability to scorn the shame of the Cross?

To clarify, Jesus did not do anything to feel shame about, but shameful things were done to him throughout the Cross. What was the purpose of this method of execution of criminals by the Romans? It was not only to punish but to strip someone of their dignity and self-respect. Several times throughout the account of the Cross you see the attempt to steal his dignity and self-respect: several times Jesus was stripped of his clothing, was beaten, and mocked. He hung, almost naked, on a cross and he could not cover himself because his hands were nailed to the cross. In a very modest culture, where the men and women dressed covered from head to toe with only their hands and feet showing, could you imagine the shame Jesus could have felt hanging on the Cross with barely anything on? Then on top of that, people shook their heads as they walked by.

Again, I am perplexed and have wondered **How?**

How did Jesus scorn all of that shame? How did he go through one of the most humiliating events where he's belittled, made fun of, a time where he's seen as a failure and a fraud? How did he scorn the shame of being weak?

This is what I discovered:

- 1) He kept his eyes on the joy set before him: returning to God and sitting by His side.
- 2) He knew this was God's will for him because he had wrestled in the Garden and knew there was no other way. It was from God and was not a mistake.
- 3) He knew he had come from God and was returning to God. (John 13)
- 4) He knew God had put all things under his power (John 13)

I realized that shame is a feeling; it is not truth! Though they meant to strip him of his dignity and self-respect, the truth is Jesus knew who he was. He knew the power he had received from the Father and therefore he was not a victim. The Cross was his choice!

Often doing God's will bring reproach into our lives just like it did for Jesus. You can scorn that reproach just like Jesus did. Other times we will feel shame because of our failures, weakness, and sin. You and I can **choose** to scorn that shame, like Jesus did. It is a choice to surrender to the shame or scorn it. We can follow Jesus example and cry out to God for clarity and assurance of what God's will is for us. We can turn to the truth to be reminded of who we are in Christ and not who the enemy says we are.

So yes, there is a lot of shaming going on from others or from ourselves internally. **The good news is that if Jesus could scorn the shame of the Cross, we too can scorn the shame!!**