

Feeling Shame or Inferiority?

GOD'S TRUTH TO COUNTERACT THE DEVIL'S LIES

By Pastor Polly Sanders-Peterson

Would you like to start the New Year right? Knowing the truth of God that counteract the lies the Devil has been selling you is a great way to get 2004 off the ground.

I know many of you reading this column are starting the New Year with feelings of shame or inferiority - feeling so unworthy you're not sure God even cares. The reason I know is because I've been there. For too many years I faced each new year struggling with the same feelings of insecurity, inadequacy, unworthiness and depression as I had the year before.

I had little sense of self-worth, placing little value or confidence in myself and feeling unloved and unaccepted. I had bought the lies the enemy had sold me, and felt I didn't deserve God's best, even though I was saved and going to church. These lies had caused me not to utilize the gifts, the love, the joy and the abilities God had given to me as His child. It also caused me to settle for less than God's perfect plan for my life or the life of others.

As I began to study the Word of God and draw into a personal relationship with Him, I learned that I was oppressed by spirits of shame and inferiority, and they were operating in me and through me.

Exposing Shame and Inferiority

. The spirits of shame and inferiority are cunning liars, which cause us to think negatively about ourselves. Whether it is due to our own actions or due to circumstances totally beyond our control, shame not exposed and dealt with by the truth of God can be devastating. Shame will cause us to have false views, making us feel within ourselves that we are undeserving, unworthy of God's intended goodness for our life.

Shame also stirs an unhealthy thirst for intimacy in our emotions, which can cause us to stay in abusive relationships that try to confirm the lie that we have no significance and don't deserve a good, healthy relationship.

Out of shame grows inferiority. We tend to compare ourselves with others and never feel we can measure up. Inferiority will cause us to become co-dependent, inappropriately picking up responsibilities of others and/or feeling we are responsible for other's problems or wrong behavior.

The Lies vs. The Truth

Let's look at three of the major lies the spirits of shame and inferiority will try to promote, but let's follow them with the three Godly facts that expose the truth. When you grasp these three Godly facts, study the Scriptures that corroborate them, and pray the Word, it will totally change your view of who God has called you to be. It worked for me, and I know without a doubt that it can work for you!

1. Lie – You are not loved or accepted.

Truth/Fact – God is love (1 John 4:8) and He loves you unconditionally (1 Cor. 13) and He totally accepts you! (Eph. 1:4-6)

Pray – Read the promise of Matt. 18:18. Loose the spirit of God's love into your heart (1 Cor. 13, 1 John 4:16 and Eph. 1:4-6) and God's total acceptance of you. Bind the spirit of lies and deception over your mind, heart and emotions.

2. Lie – We can't overcome the spirit of shame or inferiority

Truth/Fact – God doesn't give us a spirit of shame or inferiority. If comes from Satan to make you believe lies about who you are.

Pray – Read Romans 8:37-38 and Philippians 4:13. Loose the promise that you are more than a conqueror and nothing can separate you from the love of God. Declare you can do all things through Christ who strengthens you. Bind the spirits of shame and inferiority (Eph. 4:27)

3. Lie – I can never forgive all those people who hurt, wounded or betrayed me.

Truth/Fact – Ask God to help you desire to forgive according to Eph. 4:31-32, and as you forgive all those who have hurt you, you can ask God according to 1 John 1:9 that He will be faithful to forgive you totally. Now you are free from all unforgiveness and free to reclaim all the blessings of God.

Pray – Loose the power of God's forgiveness over yourself and into your heart. (Mark 11:25-26 and Matt. 6:15). Bind the spirit of unforgiveness.

Know that as you have prayed our Lord is just, loving and willing to help you and set you free from the spirits of shame and inferiority that cause feelings of unworthiness. And don't forget to join us at our Counseling Support Group and our monthly Prayer & Intercession gathering.