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Psalm 25: 1-4 Unto thee, O Lord, do I lift up my soul. O my God, I trust in thee: let not mine enemies' triumph over me. Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause. Shew me thy ways, O Lord; teach me thy paths.

Shame

Ps 25: 1-4 brings out an interesting point. Those who trust in the Lord and seek to serve Him should not be ashamed but those who sin should be ashamed. So my question is, Why then do we have so many people living in shame that cripples them from being who God created them to be? We see here there are two types of shame. The first is true shame when we have sinned and feel guilty for what we have done. Guilt is a gift from God that brings us to repentance, which is very good. But whenever God has created something good Satan always comes with a counterfeit that is very destructive. It looks good but destroys the individual and keeps them from living to the potential that they were created to be.

Let's take a look at this counterfeit, which is false shame. It is not from God but is loaded with humiliation, rejection, feelings of being flawed, defective, inadequate, bad, a loser, etc. as a person. It is not, "I made a mistake" but "I am a mistake." This is not referring to what someone has done or an action, but a direct attack on a person's worth, who they are, and their character. This indeed is a very powerful insult. (*Negatively powerful*). It triggers deep feelings of shame. Could this ever happen to Christian people? Yes, it does. There are Christians who are crippled by this shame. For example:

- I could never let my church people see me like this.
- What if they really knew me on the inside?
- What will the neighbours think?
- I would never try that for fear of failure.
- Along with many more...

With this shame Satan comes and builds on those feelings of being defective and shoots the arrows (lies) into our heads, such as "I am the worst, I am stupid, I am unlovable, I will never amount to anything, I am a failure," etc. He keeps pounding these arrows into our minds until we believe that they are true. Therefore, we have to start wearing masks to cover up what is inside because no one may see what is really inside. This is a mask that is socially acceptable and no one can see the inner self that we think is so horrible and defective.

(Continued on back)

Prayer Requests

- Dave for wisdom and guidance from the Lord as he meets regularly with people
- The board as decisions are made for the work of this ministry.
- More office space
- Upcoming Seminars and speakers

2018 Fall Seminar

Nov. 10, 2018

Registration 9:15 to 9:30 a.m.

Theme: For God hath not called us unto uncleanness, but unto holiness 1 Thess. 4:7

Guest Speaker: Willis Horst

Topic 1 Living Upright in a Fallen World *Willis Horst*

Topic 2 Purity in Courtship *Willis Horst*

Topic 3 Purity in a Digital Age *Dave Lichty*

Topic 4 Set Your Mind on Things Above *Willis H.*

Planning to Attend? Please PreRegister by Phone or Email:

Dave Lichty – call: 519-291-5203 or

email: djlichty@xplornet.com

Gerald Weber – call: 519-291-4718 or

email: geraldmarilynweber@gmail.com

Lester Martin – call or text: 519-584-5693 or

email: sing4himlm@gmail.com

**Place: Countryside School Gym
(Hawkesville)**

**3745 Herrgott Rd Wallenstein, ON
N0B 2S0**

Cost: Freewill Offering

Any Amount over \$20.00 is Receiptable

Bring Your Own Lunch

Coffee, Water and Snacks
will be provided at the Breaks.

Shame – continued

When we wear that mask for a long time we forget we are wearing one and then we assume the mask is who we are, but who we really are is lost. Then the mask becomes the real self. Herein lie the roots of hypocrisy (*pretending to be something I am not*) and pride (*focusing on one's self*).

These shame-damaged and shame-based people have low self esteem, self hatred, are chronically unhappy, etc. which can lead to a lot of emotional problems as well as physical illnesses.

Some behaviour patterns we might see in shame-based people are:

1. They filter all incoming information in a negative way – even when someone gives them a compliment they will point out how they come up short and still see themselves as inadequate and defective.
2. They cannot accept correction; they take it personally when a mistake is pointed out to them and view it as, “I AM A MISTAKE” and then attack themselves.
3. They find it difficult to make decisions for fear of making the wrong ones.
4. They feel like they do not belong anywhere, so they isolate themselves for fear of looking like a fool.
5. They live under a lot of pressure, always see the imperfections of themselves and others, talk about others’ imperfections behind their backs, and then wonder why they said anything. They replay conversations to the point of not knowing who said what and then wish they would have never gone to an event.
6. Having a good appearance is very important, and they keep that perfect appearance at all costs, such as in church attendance, Bible reading, money, clothes, etc. They are never satisfied with anything. But it appears that everything is okay even if they are dying inside.
7. They are afraid of close relationships, because someone might get to know who they really are.
8. They are not okay with emotions because they think they are a sign of weakness and it would be too shameful to admit there may be pain inside.
9. They look down on others and put them down to try to make themselves look a little better.
10. They have to be superior. “I know what I am doing.” Asking for direction would make them look bad.
11. They are in control by being rigid, dominating, and angry. They will control either by being a bulldozer and running over everyone or becoming silent and controlling with their silence.

(To be continued in the next newsletter) – Dave Lichy

Notice

- 1. Fall Seminar Nov. 10, 2018**see details on the front side of this newsletter
- 2. Premarital Group Sessions** – for engaged couples, but married couples are also welcome. We will cover some fundamental issues in relationships as a group, with the option of working privately on personal issues as a couple if required. Date to be determined when 2 to 6 couples have registered. Please contact Dave Lichy to register.
- 3. Grief Share** – Starting Nov. 5, 2018. If you are interested in joining in the future contact Dave to sign up or for more information. Some have already signed up for the fall of 2019.
- 4. Presentation** There have been some inquiries about doing presentations at churches. We would gladly come and share with your congregation about the work of the ministry. To schedule a presentation please contact Dave Lichy.
- 5. Three Day Spring Seminar March 26 - 28 2019 .. Theme: Relationships**
Guest speakers from Freedom Hills Ministries, Walnut Creek, Ohio

Board Members

- Gerald Weber** (chairman) 519 291-4718,
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Lester Martin (vice-chairman) 519-584-5693,
sing4himlm@gmail.com
Darrel Wagler (secretary) 519-595-4890,
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Discipleship Mentor

David Lichy 519-291-2503.... djlichty@xplornet.com

Keith Bauman (Treasurer) 519-699-0543, kk4bauman@gmail.com

If you are interested in financially helping this ministry,
Please make cheques payable to:

Peaceful Heart Ministries and send to:
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