

# LEADERS

volume III



UNCOMMEN

THE UNCOMMEN  
**LEADER**



**UNCOMMEN™**

Romans 15:7

Therefore welcome one  
another as Christ has welcomed  
you, for the glory of God.

# DON'T PLAY THE SHAME GAME

SCRIPTURE: ROMANS 15:7

I remember it like it was yesterday. Sitting in second-period algebra class, during my freshman year of high school. We were reviewing factoring, and the teacher was going around the room calling on students. As the teacher got closer to me, she called my name.

Then something happened. I blanked. I panicked. I stared blankly at the sheet of paper in front of me. Then back up at the teacher. It felt like all eyes were on me now. I didn't know the answer. And even worse I didn't even remember the question she has asked amidst the panic. A few seconds seemed like hours. I was so embarrassed. I couldn't even get a word out.

My teacher kept looking at me, and she said words I would never forget. "Mr. Casey, you had best be prepared next time I call on you."

A remember a few of my classmates snickering as my face turned beet red. My heart was racing. It felt like my chest was sinking in. And in that small moment, I was introduced to shame.

I struggled through algebra the rest of that year. Although I had strong verbal and writing skills, my grades were abysmal in math. I had to stay after and get extra tutoring just to get a passing grade. And even then I struggled to grasp the concepts. But something else happened that year that I began to carry for many years to come.

I began to feel shame and fear in a lot of my schoolwork. I would relive that moment over and over again. Even the school work where I scored well. I was fearful of being called on again, but I also began to doubt my ability as a student and often dreaded going to school.

But rather than pushing me into a mode of perfectionism, I began to hide from academics. I often felt like I would never measure up in the classroom. I was the kid that would hide in the back of the classroom in high school. I would often procrastinate, not because I was lazy, but instead, I was fearful. I found myself doing just enough to get by, because of shame. I would often second guess myself and be afraid of giving my best effort. I struggled with self-confidence and still do at times when new opportunities arise for fear of failure. I struggle with change.

It turns out; I'm not alone in this. Shame is something many people experience because of negative experiences or words, and negative self-talk fuels it. It tells us things over and over to hide our shame:

I'm not talented/good looking/caring/creative/popular/successful  
enough

I'm flawed

I'm going to pretend everything is okay

No one can find out about this

I'll never measure up

So how can we break this nasty cycle that holds so many of us back?  
How can we find ways to become more resilient. Men especially suffer  
in this area because we do not talk about it.

First, we need to recognize when we feel shame and have a reasoned  
response against it. We must identify the physical triggers when we  
experience those emotions.

Second, we need to share our stories with people we can trust. They  
say that empathy is an antidote to shame. One of the things that

shame tries to do in our lives is tell us that we are the only ones that are going through this. So we isolate. By naming shame for what it is, it loses some of the toxic power it can have in our lives. Talking to a close and trusted friend opens the door to healing from shame.

Third, we need to recognize who we are in Christ. Be reminded of the promises found in Scripture. No matter what we have done, and how much shame that we have carried around, there is hope in Christ. Be reminded that God knows every shortcoming and every sin we have in our lives and yet still chooses to love us.

Romans 15:7: “Accept one another, then, just as Christ accepted you, in order to bring praise to God.”

**QUESTION 1:** Have you ever experienced shame? How did effect you? Did it only last a moment? or did it impact you for weeks, months or years?

**QUESTION 2:** Have you taken that experience to God? Once you become a child of God, there is no more shame in your life.

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# CHALLENGE

Don't play the shame game. Write down an area in your life that you have experienced shame and how it has impacted your life. Share it with a trusted friend and resolve to let go of guilt and move forward in life.

## CONGRATULATIONS...NOW WHAT?

So you've finished the Uncommen Leader Devotional and by now you are probably high-fiving, passing out some fist bumps and feeling pretty good about yourself. We are right there with you in celebrating your commitment in becoming an Uncommen Leader. Are you ready for the next level?

### APPLICATION

Reading inspirational content is one thing, but applying that concept is another. We'd like you to take all of the lessons you've learned during your time in this devotional and make a list of what you are going to do to apply some of these principals to your life.

### GROWTH

Have you been inviting people to your group? I challenge you to invite one man who you think would benefit from being part of this group to your next meeting. Get out in the community as a group and start to invest into people where they need you the most.

### SUPPORT

Do you enjoy and believe in what Uncommen is doing? We'd like to ask everyone in your group to prayerfully consider committing to signing up for a small on-going donation (no amount is too small), that would help us reach more men around the world.

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Thank you and Stay Uncommen!



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