

PSALMS

for the

Night Seasons

"Shame has covered my face"

Psa 69, 70, 71



CLASS 3
Palm Springs Bible School, 2024

Goals



From the Psalms:

1. Identify challenges that keep us, Psalmist up at night.
 - To help us validate we are not alone, are in good company.
2. Explore, and understand these challenges better.
 - To help us recognize symptoms, seriousness, be compassionate.
3. Discover 'Night Lights' used by the Psalmist.
 - To help us better cope, overcome and recover.
4. Consider Christ
 - Helps us appreciate the role of the Psalms in helping Jesus overcome.



Emotions ...



Guilt:

- Bible (Gk and Hb):
 - Faulty, guilty
 - Morally wrong / did wrong
 - To be indebted
 - Under sentence, condemned
 - Liable for
- I have done something bad.

Shame:

- Bible (Gk and Hb):
 - Scorned, defamed, disgraced
 - Confused, hurt, dishonored
 - A subject of whispering, infamy
 - To wound, insult, taunt, to blush
 - A reproach, ashamed
- I am a bad person (in the eyes of self or others).

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- Holding something we've done or failed to do, up against our values [God's values] and feeling discomfort.

- The intensely painful feeling or experience of believing we are flawed and therefore unworthy of love, belonging and connection – as a result of something we've experienced, done or failed to do.

Two Types of Shame



1) **Appropriate Shame** (well-placed):

- When we have legitimately done something that is ‘shameful’ and God deems ‘shameful’.
 - e.g. lying, deceiving, false accusing, spreading rumors, dishonoring God.
 - **Psa 51:3-4 (2Sam 12:10, 12-13)** – David’s sin with Uriah, Bathsheba (murder/adultery).
 - **Rom 1:27** “committing what is shameful”.
 - **Eph 5:12** “shameful even to speak of those things done by them in secret”.
 - **Col 3:8** “put them all away: anger, wrath, malice, slander, shameful speaking ...”.

Two Types of Shame



1) **Appropriate Shame** (well-placed):

- When we have legitimately done something that is ‘shameful’ and God deems ‘shameful’.

2) **Inappropriate Shame** (mis-placed):

- When we have NOT done anything wrong but feel personal Shame or are ‘Shamed’ by others.
 - e.g. finish last in a race, ill-treated for preaching the Gospel (1Ti 1:8, Paul, Jesus); abused or defamed/accused wrongfully.
 - **Psa 69:6** “Let not those who wait for You be ashamed because of me”.
 - **Psa 69:4** “those who hate me without a cause ... my enemies wrongfully ... I have stolen nothing, but must restore it”.
- When Well-Placed Shame lingers too long (and we spiral).
 - **Psa 130:4** “there is forgiveness with you that you may be feared”

Unchecked Guilt/Shame



Chronic **Guilt** Leads to ... Shame. Unchecked **Shame** Leads to:



Toxic Shame



- **Ordinary Shame:** usually dissipates in a few days and is tied to only one specific event.
- **Toxic Shame:** a chronic feeling of worthlessness inside you. People may not know they have toxic shame because it isn't felt constantly. But intense shame can come flooding back the moment someone is triggered.
- Can manifest **physically and psychologically** – intense shame can trigger the body to secrete stress hormones, symptoms:
 - Low self-esteem
 - Depression, anxiety
 - Oversleeping, inability to sleep
 - Stomach pain
 - Eating disorders, overeating or loss of appetite
 - Substance Use Disorders
 - Codependency (imbalanced relationship where one person enables another person's self-destructive behavior)
 - Inability to feel guilt or feeling for others

Shame & Mental Health



- **Mental Health** challenges can be closely tied to Shame
 - Cause and effect of personal **addictions** (e.g. alcohol, cigarettes, substance use, pornography, stealing)
 - Inhibits insight and recovery from Mental Health conditions, especially rooted in **Personality Disorders**:
 - Narcissistic Personality Disorder (NPD) ... aggrandizing due to deep-rooted shame
 - Borderline Personality Disorder (BPD) ... shame (often from childhood) contributes to high-conflict relations
 - Often **covered up** and prevents healthy relations, ability to have insight into one's condition, seeking/continuing with help
 - Often leads to '**projection**', shaming others inappropriately, abuse to self/others, shame spiral and mental illness in caretakers.
 - Suicide, self-harm is often a 'way out'.



The Night Seasons



A photograph of a window at night. The window is divided into three vertical panes. The sky outside is dark blue with many small, bright stars. The window frame is dark. To the right of the window, a warm, yellow light emanates from a small, ornate lantern hanging on the wall. The overall mood is peaceful and contemplative.

The Night Seasons

... With The Psalms

David's Courage



- **Courage:** To speak one's heart by telling all one's heart

- **Vulnerability** (type of courage):

“Vulnerability is uncertainty, risk, and emotional exposure. But vulnerability is not weakness; it's our most accurate measure of courage.” *Dr. B. Brown*

- Admits imperfections, faults plainly to God, doesn't hide
 - cmp. when he hid sins w Bathsheba/Uriah
- Shares desperate need for help
- Opens up to his plight, feelings, troubles, ie. 'owns his story'
- Stands up for God, takes reproach for God's sake (because he believes in Him)



Dauids Connections



- **Connection:** the energy that exists between people or people/God when they feel seen, heard, and valued; when they can give and receive freely; and derive energy and strength from the relationship.
- It is the opposite of 'going alone' or 'I've got it'!
- Connected with God, Friends, Family, People who needed help – mutually received and offered help.
 - E.g. the Cave of Adullam, Jonathan, Ahithophel

“Connection ... is a path of conscious choice ... the willingness to tell our stories, feel the pain of others, and stay genuinely connected in this disconnected world is not something we can do halfheartedly.”

Dr. Brene Brown



David's Compassion



- **Compassion:** is derived from the Latin words 'pati' and 'cum', meaning "to suffer with." A social feeling that motivates us to go out of our way to relieve physical, mental or emotional pains of others and themselves.
- To 400 men (which become 600 1Sa 23:13) in Cave of Adullam.
- Psa 69:4-6 - To those who could be shamed by his wrongdoing.
- Practices self-compassion.



Self-Compassion



Is the process of turning **compassion inward**. We are kind and understanding rather than harshly self-critical when we fail, suffer, make mistakes or feel inadequate.



Involves **treating yourself the way you would treat a friend** who is having a hard time - even if your friend blew it or is feeling inadequate, or is just facing a tough life challenge.

Dr. Kristen Neff

THREE ALLs for Affirmations

Do the hand signal shown as you say the phrase below. This is Spiritual Therapy.



1. All things are in the hands of the LORD:

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2. All things are working together for good

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3. Always I am with you, even until the end of the world.

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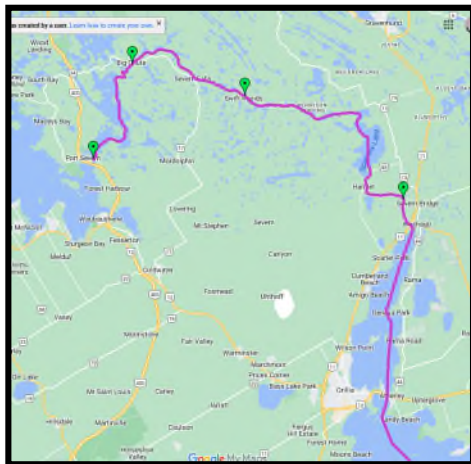
Three C's



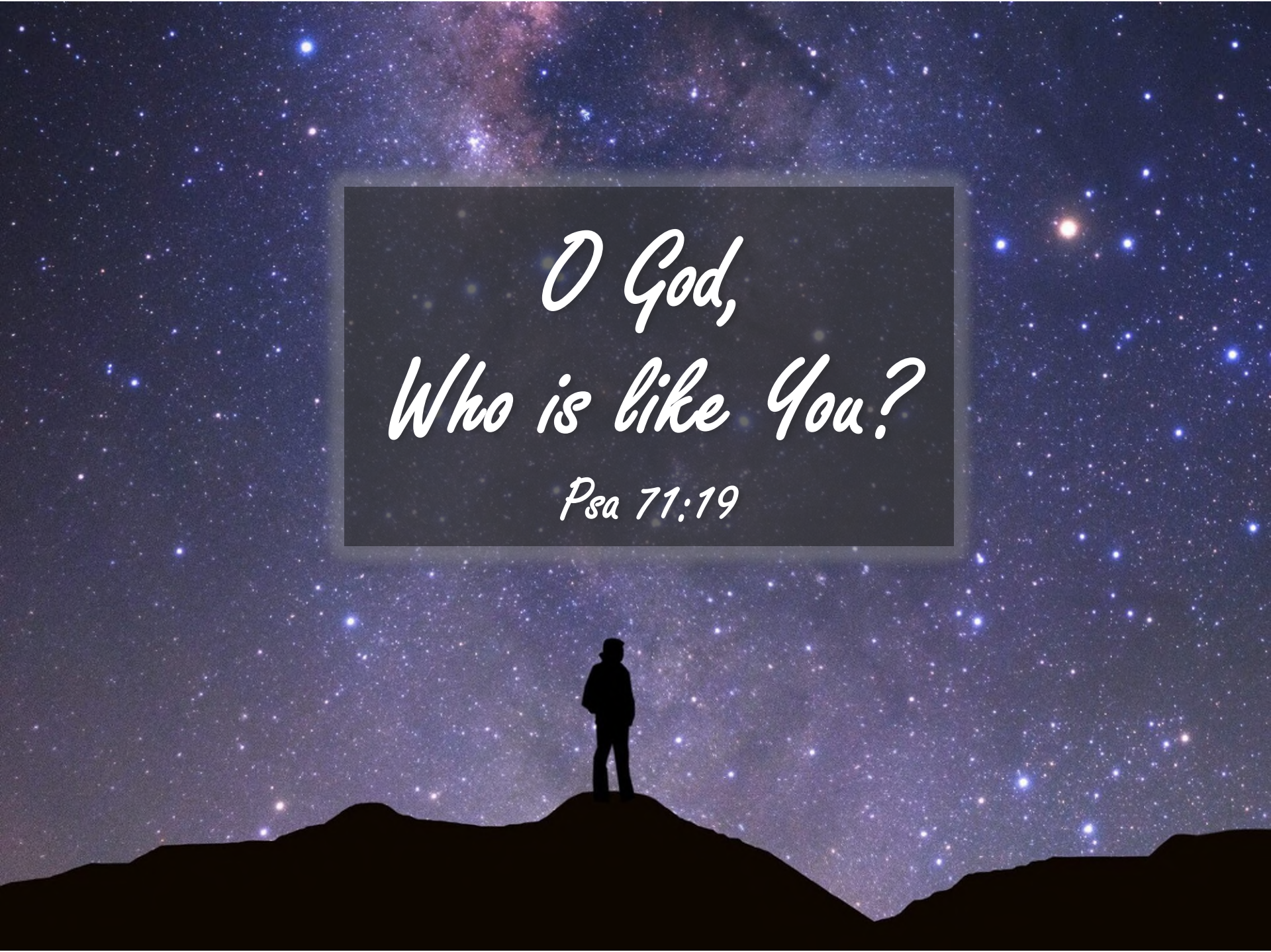
Practicing **courage, compassion, and connection** in our daily lives is how we cultivate worthiness. The key word is **PRACTICE.**

Dr. Brene Brown

4) Course-Correction



"I have fought a good fight, I have finished my course, I have kept the faith" 2Ti 4:7-8

A silhouette of a person stands on a dark, rolling hill under a vast night sky filled with stars and the Milky Way galaxy. The person is looking up at the stars. A semi-transparent dark rectangle is centered in the upper half of the image, containing white text.

*O God,
Who is like You?*

Psa 71:19