

Joy Through Brokenness

Broken Relationships: *Relationship-Killing Habits*

1 Peter 5:5; Genesis 3:6-8

You have learned a variety of relationship-killing habits to cover shame;
learning to give and receive grace is your only hope for recovery.

1. Naked and Ashamed (review)
 - a. Your _____ is broken, and you feel shame.
 - b. Your _____ is broken, and you feel shame.
 - c. Your _____ are broken, and you feel shame.
 - d. Your _____ is broken, and you feel shame.

2. Relationship-killing habits you've learned to cover shame.
 - a. You've learned to run from shame by _____.
 - b. You've learned to manage shame by _____.
 - c. You've learned to cover shame with _____.

3. Your only hope for recovery.
 - a. _____ grace from Christ.
 - b. _____ grace through Christ.

A photograph of a broken ceramic bowl lying on a gravel surface. The bowl is shattered into several large, irregular pieces, with sharp edges and visible cracks. The background is a mix of light and dark gravel. The text is overlaid on the center of the image.

Joy Through Brokenness

Help from the Gospel in the Hurts of Life

A broken, cracked clay pot lies on a gravel surface. The pot is light brown and has several large cracks running across its body. The background is a mix of light and dark gravel.

Broken Relationships:

Relationship-Killing Habits

1 Peter 5:5

Genesis 3:7

Jeremiah 17:5-6

1 Peter 5:5

All of you, in reference to one another
clothe yourselves with humility,
because God is opposed to the proud,
but gives grace to the humble.

Genesis 3:6-8

She took from its fruit and ate;
and she gave also to her husband with her, and he ate.
Then the eyes of both of them were opened,
and they knew that they were naked;
and they sewed fig leaves together
and made themselves loin coverings.
And they heard the sound of the LORD God
walking in the garden in the cool of the day,
and the man and his wife hid themselves
from the presence of the LORD God
among the trees of the garden.

Theme

You have learned a variety of relationship-killing habits to cover shame; learning to receive and give grace is your only hope for recovery.

A photograph of a broken, light-colored ceramic bowl or plate lying on a gravel surface. The bowl is cracked and broken into several pieces, with some pieces missing. The background is a light-colored gravel or pebbles.

Broken Relationships

Naked and Ashamed

(a review)

A Review

Genesis 2:25

And the man and his wife were both naked
and were not ashamed.

The way it is.

Genesis 3:7

Then the eyes of both of them were opened,
and they knew that they were naked;
and they sewed fig leaves together
and made themselves loin coverings.



Naked and Ashamed

***Your body is broken,
and you feel shame.***

Naked and Ashamed

Your body is broken, and you feel shame.

***Your mind is broken,
and you feel shame.***

Naked and Ashamed

Your body is broken, and you feel shame.

Your mind is broken, and you feel shame.

***Your emotions are broken,
and you feel shame.***

Naked and Ashamed

Your body is broken, and you feel shame.

Your mind is broken, and you feel shame.

Your emotions are broken, and you feel shame.

***Your soul is broken,
and you feel shame.***

Broken Relationships

Naked and Ashamed

**Relationship-killing habits
you've learned to cover shame.**

The Impulse to Cover

Genesis 3:7

Then the eyes of both of them were opened,
and they knew that they were naked;

and **they sewed fig leaves** together
and made **loin coverings** themselves.

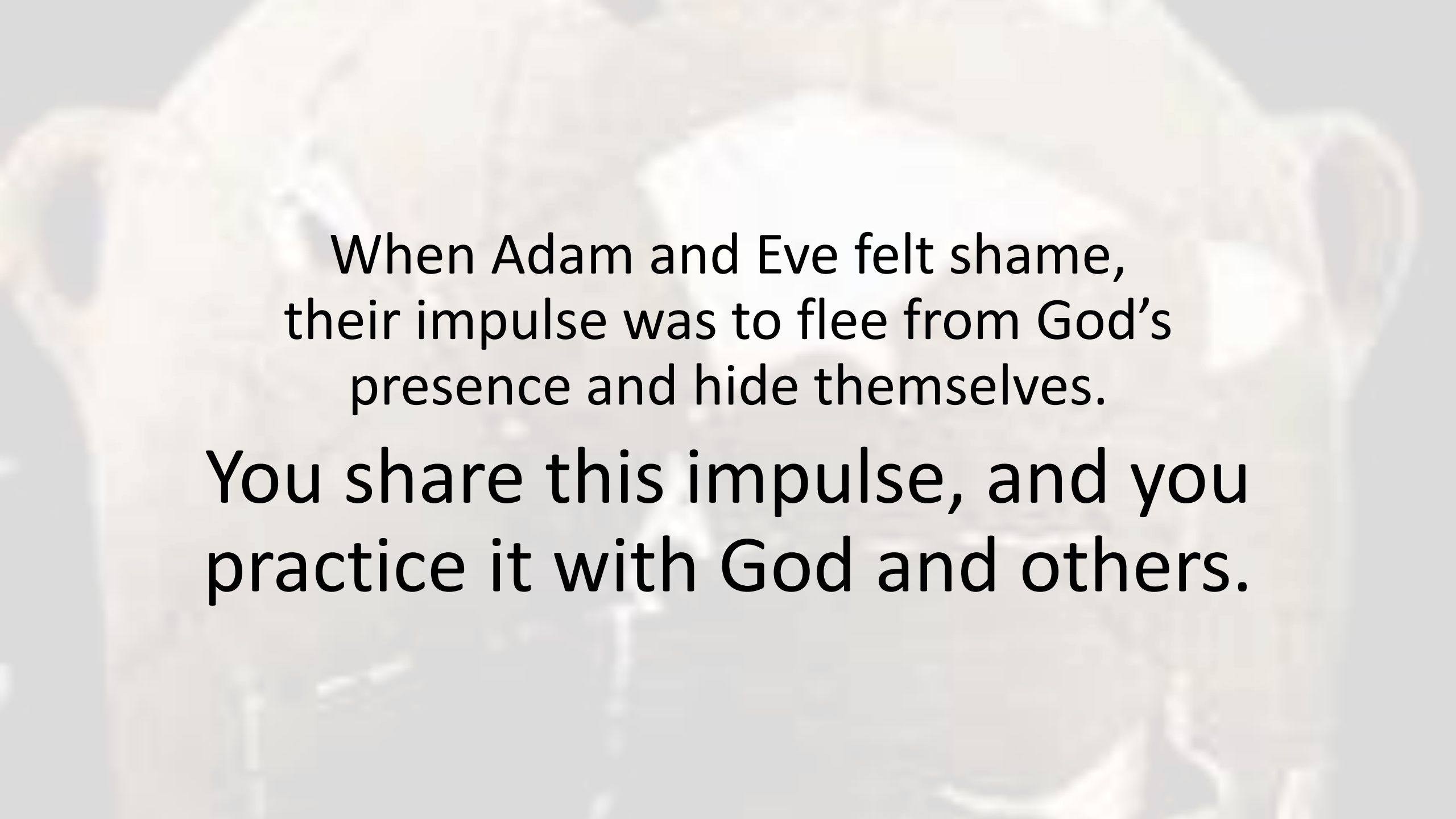
Relationship-Killing Habits

*You've learned to run
from shame by separation.*

Separation from God

Genesis 3:8

And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.



When Adam and Eve felt shame,
their impulse was to flee from God's
presence and hide themselves.

You share this impulse, and you
practice it with God and others.

Shame, Rejection, Separation

Genesis 37:4

And his brothers saw that their father loved him more than all his brothers; and so they hated him and could not speak to him on friendly terms.

What was it about Joseph that stirred their hatred?

Brokenness Exposed

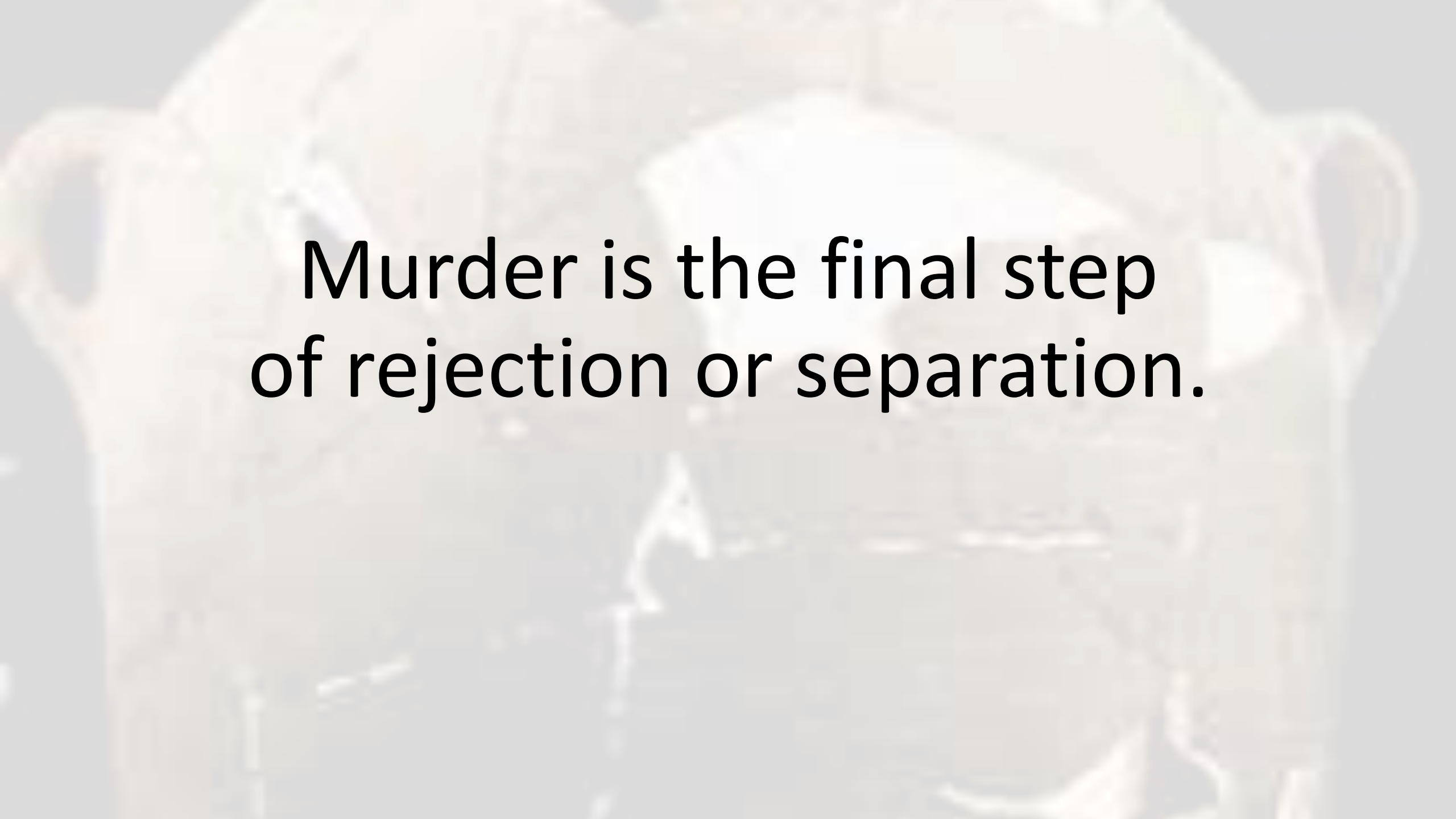
Genesis 37:18-20

When they saw him from a distance
and before he came close to them,
they plotted against him to put him to death.

And they said to one another,

"Here comes this dreamer!

Now then, come and let us kill him
and throw him into one of the pits.



**Murder is the final step
of rejection or separation.**

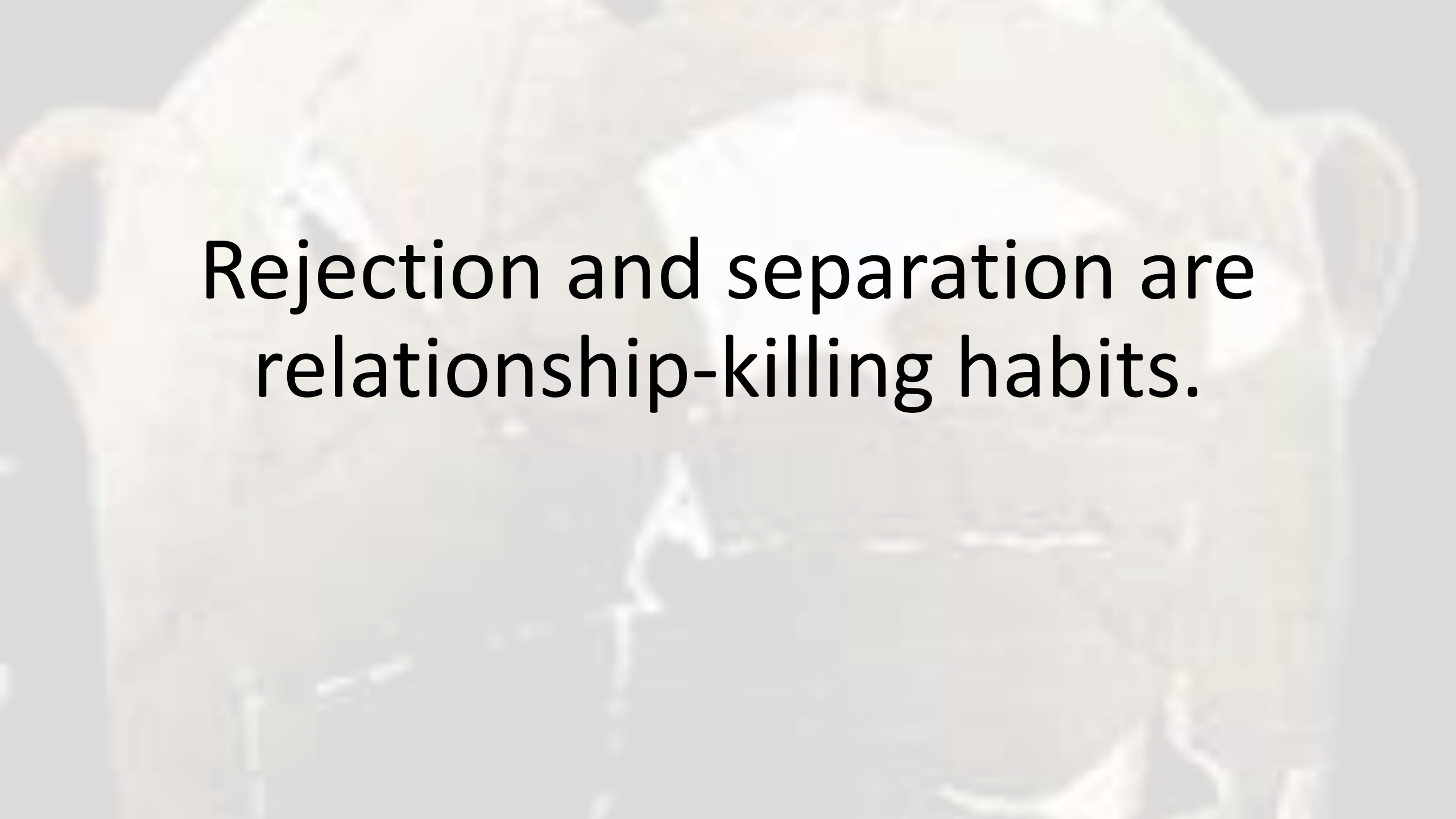
From the Beginning

1 John 3:12

...Cain...slew his brother.

And for what reason did he slay him?

Because his deeds were evil,
and his brother's were righteous.



Rejection and separation are
relationship-killing habits.

How we reject or separate:

By shutting down or clamming up

By monologuing or subject changing

By lying or omitting

By walking away or disengaging

By unfriending or ignoring

By detaching or withdrawing

Relationship-Killing Habits

You've learned to run from shame by separation.

***You've learned to manage
shame by manipulation.***

Martha, Martha!

Luke 10:40

But Martha was distracted with all her preparations;
and she came up to Him, and said,
“Lord, do You not care that my sister has left me to do
all the serving alone? Then tell her to help me.”

What did Martha fear?

Martha was afraid that her preparations would flop and that she would look bad.

What fears tempt you to manipulate others?

What about the Legalists?

Mark 7:3-4

For the Pharisees and all the Jews do not eat unless they carefully wash their hands, thus observing the traditions of the elders; and when they come from the market place, they do not eat unless they cleanse themselves; and there are many other things which they have received in order to observe, such as the washing of cups and pitchers and copper pots.

What does the legalist fear?

The legalist fears the shame of sin and seeks to cover himself with strict law keeping.

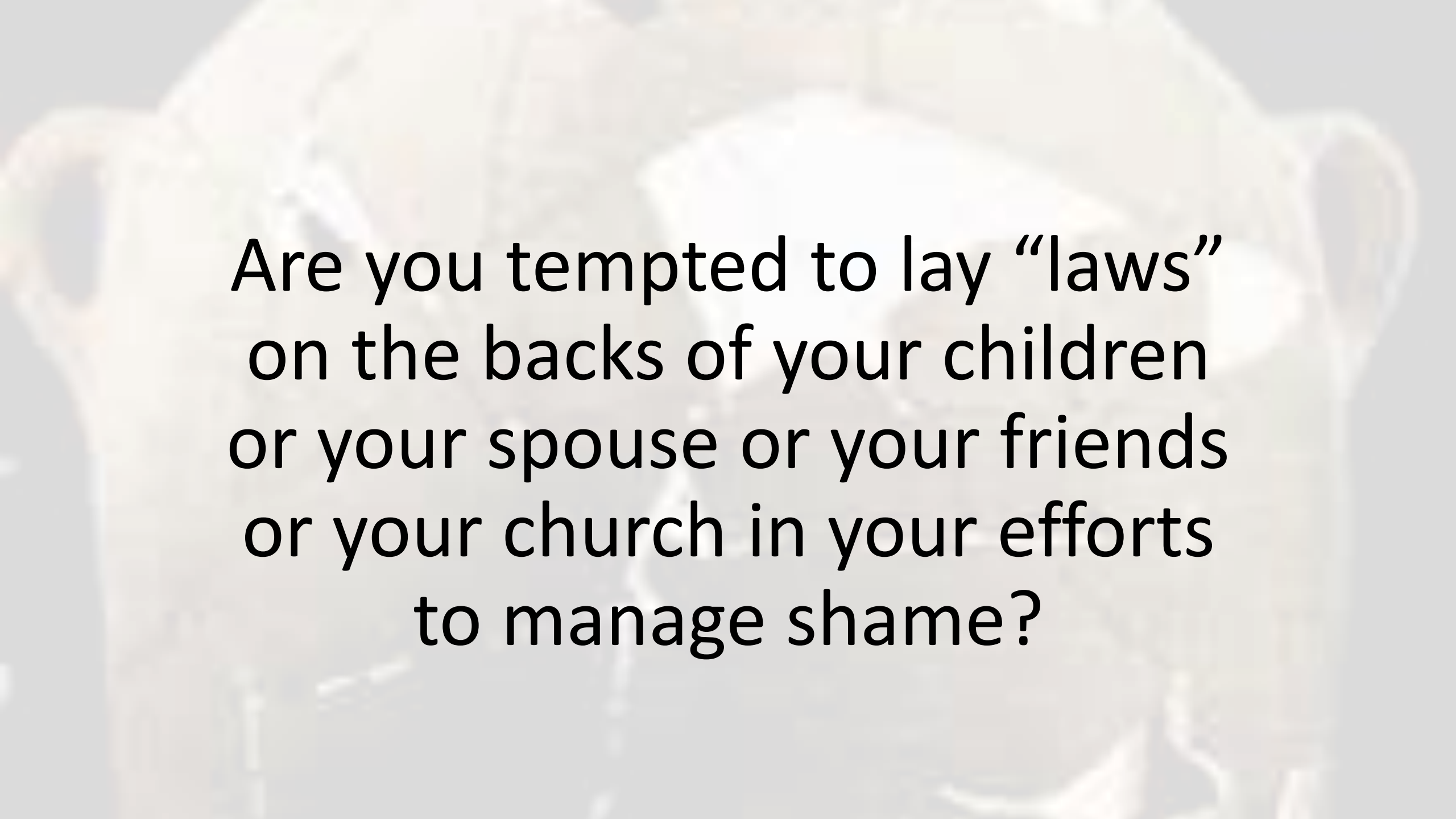
But that isn't enough, so he is compelled to cover everyone else too.

Legal Coverers

Matthew 23:2 and 4

“The scribes and the Pharisees have seated themselves
in the chair of Moses...
they tie up heavy loads, and lay them on men's shoulders...

**They have seated themselves
in the position of “protectors,”
guarding against all shamefulness.**



Are you tempted to lay “laws”
on the backs of your children
or your spouse or your friends
or your church in your efforts
to manage shame?

How we manipulate:

By Anger or Acceptance

By Sadness or Happiness

By Giving or Withholding

By Pouting or Pestering

By Violence or Abandonment

Relationship-Killing Habits

You've learned to run from shame by separation.

You've learned to manage shame by manipulation.

***You've learned to cover
shame with affirmation.***

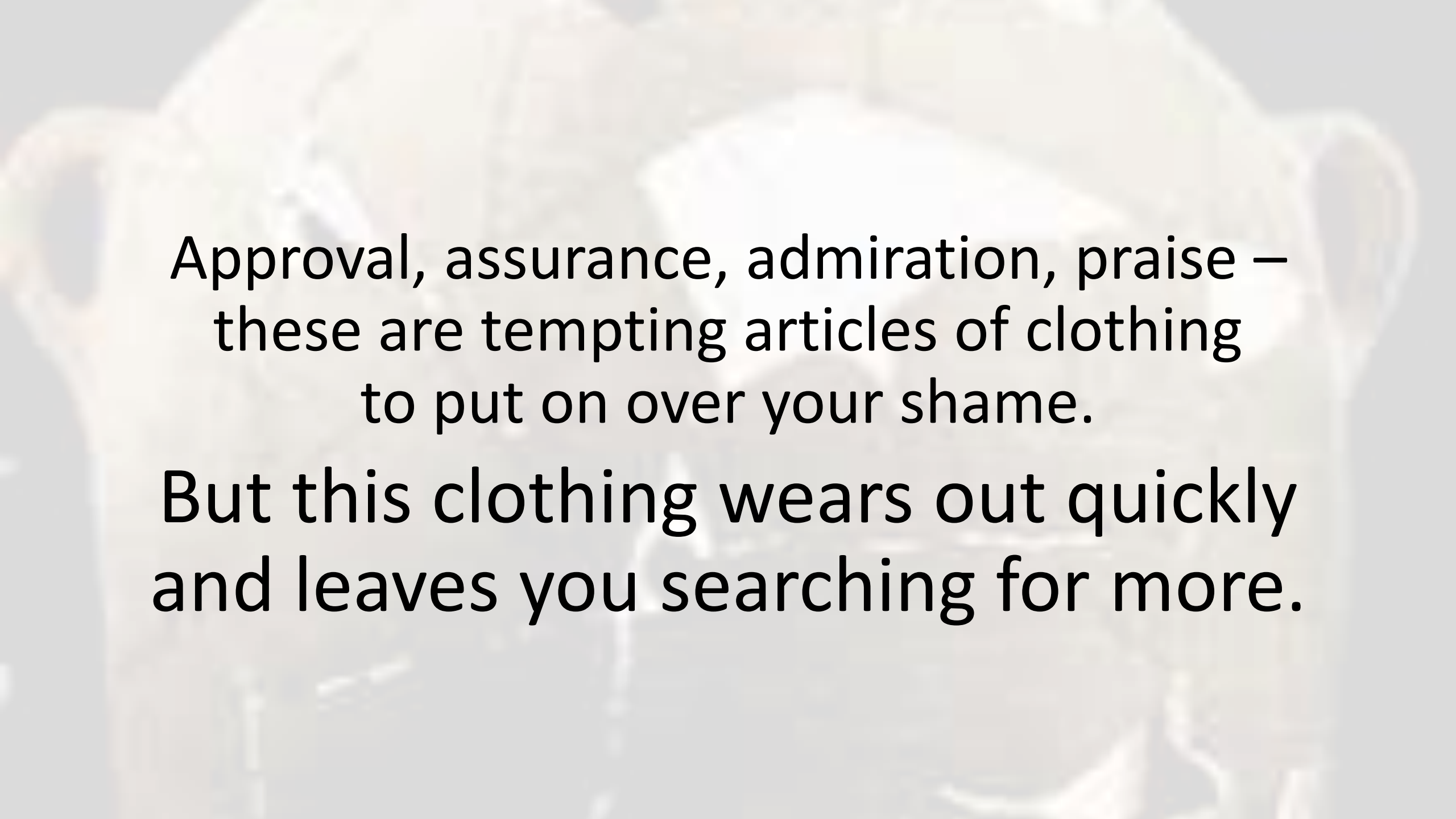
John 5:44

How can you believe,
when you receive glory from one another,
and you do not seek the glory
that is from the one and only God?

Covered in Admiration

Matthew 23:5-7

But they do all their deeds to be noticed by men;
for they broaden their phylacteries,
and lengthen the tassels of their garments.
And they love the place of honor at banquets,
and the chief seats in the synagogues,
and respectful greetings in the market places,
and being called by men, Rabbi.



Approval, assurance, admiration, praise –
these are tempting articles of clothing
to put on over your shame.

But this clothing wears out quickly
and leaves you searching for more.

How we clothe ourselves in others:

By Clinging

By Pining

By Sympathy seeking

By Boasting

By Sacrificing

By Giving

Broken Relationships

Naked and Ashamed

Relationship-killing habits you've learned to cover shame.

Your only hope for recovery.



Your Only Hope for Recovery

Receive the grace of Christ.

John 1:16

For of His fulness we have all received,
and grace upon grace.

Your Only Hope for Recovery

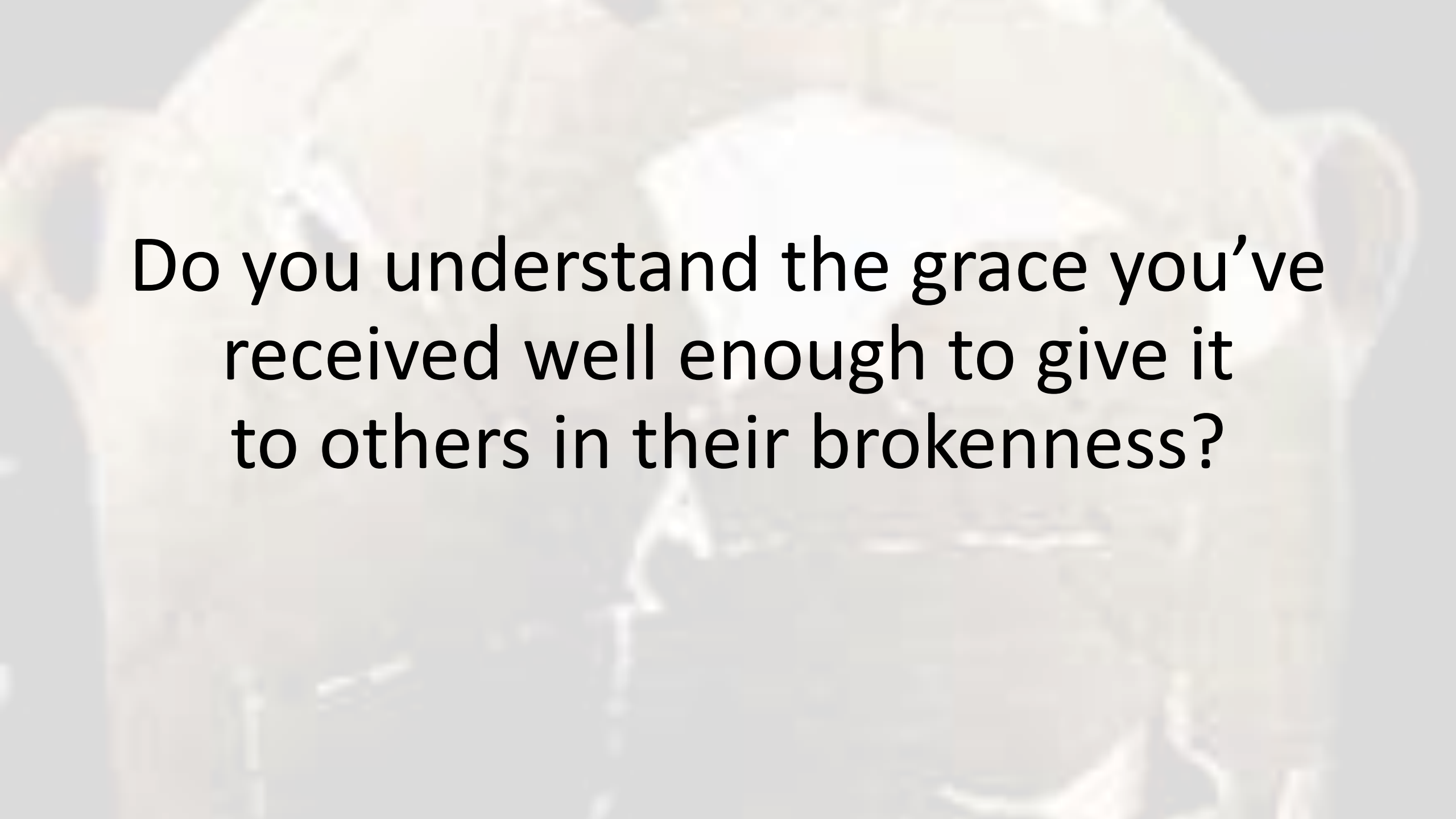
Receive grace from Christ.

Give grace through Christ.

God is a grace giver!

Ephesians 5:1-2

Therefore be imitators of God, as beloved children;
and walk in love, just as Christ also loved you,
and gave Himself up for us, an offering
and a sacrifice to God as a fragrant aroma.



Do you understand the grace you've received well enough to give it to others in their brokenness?



Shame is a daily experience.

How will you cover it?