

DAY 9 | SHAME — WHAT IT REVEALS AND HOW TO DETOX IT

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." — Romans 8:1 (KJV)

"For your shame ye shall have double; and for confusion they shall rejoice in their portion: therefore in their land they shall possess the double: everlasting joy shall be unto them." — Isaiah 61:7 (KJV)

There is a difference between guilt and shame that is enormously important: guilt says, 'I did something wrong.' Shame says, 'I am something wrong.' Guilt can lead to repentance and restoration. Shame leads to hiding — from God, from others, from yourself. It is not a coincidence that the first thing Adam and Eve did after the Fall was cover themselves and hide.

Dr. Curt Thompson, a psychiatrist who has dedicated his career to the neuroscience of shame, identifies it as the primary weapon of the enemy. Shame short-circuits the prefrontal cortex and keeps the limbic system in freeze mode — producing a visceral, whole-body shutdown. It does not just affect how you think; it affects your posture, your voice, your capacity for relationship, and your sense of your own destiny.

Thompson further teaches that shame is deeply relational in its origin and must be relational in its healing. 'The very thing that has the power to heal this emotional nausea,' he writes, 'is the reunion of those parts of us that have been separated.' You were made to be known — and still loved. That is the nature of God's love, and it is the neurological environment in which shame dies.

Romans 8:1 is your detox prescription: 'There is therefore now no condemnation to them which are in Christ Jesus.' Condemnation is shame's legal name. Christ has cancelled it. Your healing begins when you dare to bring your shame out of hiding and into the light of His perfect love.

WHAT THE EXPERTS SAY

"Shame is not just a consequence of something our first parents did in the Garden of Eden. It is the emotional weapon that evil uses to corrupt our relationships with God and each other, and to disintegrate any and all gifts of vocational vision and creativity." — Dr. Curt Thompson, *The Soul of Shame*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

"If you dwell on fear, stress, or shame, your brain becomes better at generating more of that." —
Dr. Caroline Leaf, drleaf.com

PRAYER POINTS

1. Father, I bring my shame out of hiding today. I refuse to let it keep me isolated from You and from others.
2. Jesus, You became a curse for me on the cross so that shame would have no legal ground in my life. I receive that exchange now.
3. I renounce every shame-based identity — every lie that says I am worthless, damaged, or beyond redemption — and I declare that I am the righteousness of God in Christ Jesus.
4. Holy Spirit, heal the shame wounds that drive my hiding, my performance, and my fear of being truly known. Let me be known and still loved, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

Join us at www.fawnnation.org | Download the FAWN Nation App on iOS & Android

— From the Desk of Chief Seer, Dr. Andre Thomas



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**