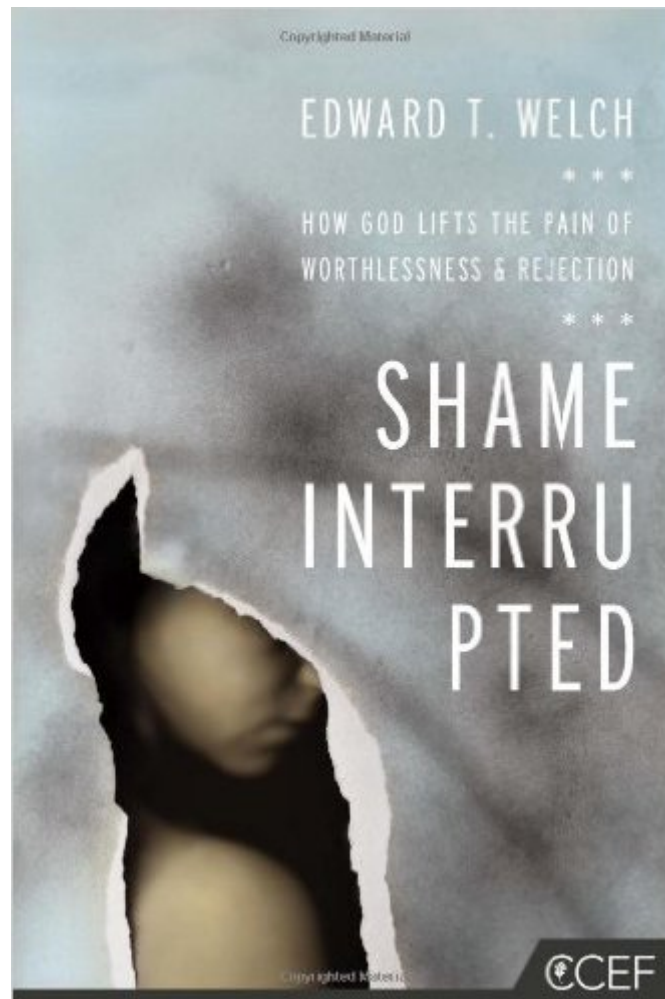


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# Shame Interrupted: How God Lifts The Pain Of Worthlessness And Rejection



## Synopsis

Shame controls far too many of us. Worthless, inferior, rejected, weak, humiliated, failure...it all adds up to wishing we could get away from others and hide. We know what shame feels like. The way out, however, is harder to find. Time doesn't help, neither does confession, because shame is just as often from what others do to you as it is from what you have done. But the Bible is about shame from start to finish, and, if we are willing, God's beautiful words break through. Look at Jesus through the lens of shame and see how the marginalized and worthless are his favorites and become his people. God cares for the shamed. Through Jesus you are covered, adopted, cleansed, and healed.

## Book Information

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## Customer Reviews

This review first appeared on my blog, [Jacob's CafÃ©](#). Shame is something that is discussed in a therapeutic context frequently because of its constant presence in the lives of those who seek therapy. I've written about shame before, differentiating it from guilt as the latter saying, "I did bad" while shame says, "I am bad." Shame pervades people's identities, creating a sense of worthlessness and rejection. In *Shame Interrupted*, Ed Welch, a psychologist, addresses the topic of shame head-on. The first few chapters paint a very real and in-depth picture of the potency of shame and its effects in daily life. Welch then proceeds to illustrate the history of shame throughout the Bible. I was very impressed with Welch's psychological and theological treatment of such a sensitive, hidden, and pervasive topic. He brings to life the impact of shame and the power of Christ over shame. However, he doesn't argue for a simple, "Have faith, and you'll be healed approach."

Rather, he actually stated, "The most promising response is that Jesus loves you, which is certainly true. But, believe it or not, that usually doesn't work either" (p. 61). Earlier on, he explains why recognizing Christ's love doesn't instantly heal shame: "When you receive such reproach from the community, you can easily believe that God himself joins these many voices, though he certainly does not" (p. 21). Many Christians minimize the impact they have on people's perceptions of God, good and bad. However, our interactions with others can become the foundations of people's experiences of God. We literally need to be the hands and feet of Jesus, incarnating God's love to those around us.

Edward T. Welch, MDiv, PhD, is a licensed psychologist and faculty member at the Christian Counseling & Education Foundation (CCEF). The B&B Media Group sent me his latest book *Shame Interrupted: How God Lifts The Pain Of Worthlessness & Rejection* for the purpose of review. *Shame Interrupted* is endorsed by popular pastor Mark Driscoll and Dan Allender, PhD, professor of Counseling Psychology at The Seattle School of Theology and Psychology. In *Shame Interrupted*, Welch seeks to bring the darkness of shame into the marvelous light of God's Word helping the reader to identify shame in their own lives and begin to understand the truth of how God sees them. There are discussion questions at the end of each chapter which help the reader to apply principles taught within the chapter. The book is thorough and biblical as it points to Scripture as the ultimate "word" on dispelling shame. *Shame Interrupted* would be a helpful resource to pastors, lay counselors or for use in a discipleship/training class. Welch's writing style in the book is conversational and engaging. The only real criticism I can give the book is that the first few chapters are a bit repetitious and "wordy". Here are a few of my favorite quotes from the book: "This is the gospel: God touches us. All the talk about cleanness and uncleanness points to this divine touch. This is what the universe itself was waiting for. It is an unbalanced transaction that displaces our shame and replaces it with holiness. The apostle Paul put it this way: 'For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.' With our touch, Jesus becomes our scapegoat. In his touch, Jesus takes our sin and absorbs our shame and we receive his righteousness.

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