

# Listening for my WORTH: Overcoming Shame

Turn Your Campus - Sat, Jan 2018 - Biola University

Jackson Fong

# Listening for my WORTH: Overcoming Shame

Turn Your Campus - Sat, Jan 2018 - Biola University

Jackson Fong

## My Story

- My Family
  
- My Desire to be accepted
  - o Culture

What are some cultural things you desperately want to be a part of?

What are some cultural things that you love?

What are some cultural things that might get in the way of you connecting with God?

What are some cultural things that might get in the way of you showing God's Character better?

What are some cultural things that can help you connect with God?

What are some cultural things that can help you to show God's Character better?

- o Appearance

What are some things that you don't like about your appearance?

Why is that?

What are some things that you like about your appearance?

Why Is that?

- Finances

When it comes to finances/ economics, what do you think about how your family is doing?

How does that make you feel?

What are some good things that you do with your money?

What are some things you might need to work on or change when it comes to money?

- Caught

What are some things that you have been 'caught' doing in the past that you are embarrassed or ashamed of?

What might be some things that currently do that you would be happy or excited to be "caught" doing?

What is something that you have not been caught doing that you know that you need to give it up?

- My Desire to be Proven

- Athletics

Are there any things that you would like to do better physically?

- Rage

What makes you angry?

What might make you 'lose' control?

How Might you control that better?

- Arts

Are there any arts (Photography, Music, Acting, Drawing, Painting, Dance, etc.) that you really enjoy?

Are there any arts that you would like to get involved in?

- USMC

You may or may not be interested in the military. Some people enlist because they are avoiding or running away from something. And some people go because they are driven to it. When you don't want to do something, what do you end up turning to? Where do you go? Who might you pursue?

- My Desire to be Loved

- First Kiss

If you have not been in a relationship before, where do you get your thoughts about relationships?

Are they more positive or negative?

If you have been in a relationship before, was it like what you thought or was it different? Why?

- First Girlfriend

If you have not dated before, what are some things that would make a date awesome?

Where are some places you would want to go?

If you have dated before;

What are some happy memories?

What are some unhappy memories?

- Relentless Pursuit

What or who do you spend a lot of time thinking about?

How much effort are you putting into that?

How much time are you putting into that?

How much money are you putting into that?

When you think about all of the time, resources and effort that you are putting into that, how beneficial will that be in the future?

How do you know?

- Parting from Purity

Would you describe your life as pure?

Why?

What would help your speech be pure?

What would help your thoughts be pure?

What would help your actions be pure?

What in your life is not as pure as it needs to be?

- My Struggle

What are some of the things that you struggle with?

- Guilt -> Shame

What might be some places where instead of thinking "I did bad", you think "I AM bad."?

- My Journey Back – 1 John 1:9
  - o Quietening the Voices

I had to go across the country and leave everyone and everything behind.

What are some loud 'voices' that you need to blot out?

What do they say?

Who might be some people you might need to take a break from?

Where are some places that make it difficult to hear from God?

Where are some places that you can go that might help you to hear God better?

How long does it take you to actually slow down so that you can focus on God?

- o Soaking and Saturation

For me, I needed to make time to just stop and soak in God's Word. For me, it wasn't enough just to soak. I needed to be fully SATURATED. I think it's like the difference between pouring water over a sponge or wringing out a sponge underwater so that you can get it drenched.

In your life, what do you soak and saturate yourself in?

If you were to be 'wring out', what would come out of your life?

How much do you spend with God reading your Bible and praying?

How much time would you need to spend with God so that people and you would see God's reflection?

- o Revisiting and Reminding

I need to keep going back to the Bible because I keep forgetting things.

What are some good times and places where you could reconnect with God?

What are some things that God says do you need/ want to be reminded of?

## From the Voice of the Creator

- the Original Designer
  - God Created the World (Genesis 1)
  - God created everything IN the world (Genesis 1-2)
  - God Created YOU (Psalm 139)
  
- the one who Paid the Price
  - God Sacrificed His Son (John 3:16)
  - Jesus sacrificed prestige, comfort, His LIFE
  
- the one holding my reservation
  - Christ is Preparing a Place in Heaven
  
- the one who is not done yet  
(Read through these passages. What might be something in these verses that would encourage you?)
  - Romans 15
  - 2 Corinthians 7 \*
  - Ephesians 3:19
  - Ephesians 4:13
  - Colossians 2-3
  - James 1:4 \*
  - 2 John 1:12

## **The ONE Voice who MATTERS, tells me that I AM:**

### **REDEEMED:**

I am no longer enslaved.  
My Cost has been paid for.

### **Psalm 107:2**

Has the LORD redeemed you? Then speak out! Tell others he has redeemed you from your enemies.

What are we supposed to do?

Who are some people you can tell? (Name 5 people)

### **Isaiah 63:9**

In all their suffering he also suffered, and he personally rescued them. In his love and mercy he **redeemed** them. He lifted them up and carried them through all the years.

This verse prophesizes about Christ.  
What are some things Christ did?

What are some things Christ does?

How might this apply to you?

### **Micah 6:4**

For I brought you out of Egypt and **redeemed** you from slavery. I sent Moses, Aaron, and Miriam to help you.

In this passage God is speaking through the prophet Micah to remind the Israelites what God had done in the past.

What are some things God has set you free from?

What are some things you need to let God free you from?

### **Psalm 71:23**

My lips will shout for joy when I sing praises to You; And my soul, which You have **redeemed**.

What happened to this person's soul?  
What does the author do?

### **Galatians 3:13**

Christ **redeemed** us from the curse of the Law, having become a curse for us—for it is written, “CURSED IS EVERYONE WHO HANGS ON A TREE”—

What did Christ redeem us from?

### **Psalm 19:14**

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my **Redeemer**.

What does this tell us about our words and thoughts?

What are two things this tells us about God?

### **Psalm 34:22**

The LORD **redeems** the soul of His servants, And none of those who take refuge in Him will be condemned.

What does this promise?

Psalm 49:15 New Living Translation (NLT)

<sup>15</sup> But as for me, God will redeem my life. He will snatch me from the power of the grave.

What does this Promise?

### **Psalm 55:18**

He will **redeem** my soul in peace from the battle *which is* against me, For they are many *who strive* with me.

How might this encourage you?

How might this challenge you?

### **Psalm 71:23**

My lips will shout for joy when I sing praises to You; And my soul, which You have **redeemed**.

What are we encouraged to do?

### **Psalm 26:11**

But as for me, I shall walk in my integrity; **Redeem** me, and be gracious to me.

What are we encouraged to do?

What are some things the writer asks God for?

Psalm 103:3-5 (NASB)

<sup>3</sup>Who pardons all your iniquities, who heals all your diseases;

<sup>4</sup>Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; <sup>5</sup>Who satisfies your years with good things, *So that* your youth is renewed like the eagle.

What are some things God does?

Galatians 4:3-5 (NLT)

<sup>3</sup>And that's the way it was with us before Christ came. We were like children; we were slaves to the basic spiritual principles of this world.

<sup>4</sup>But when the right time came, God sent his Son, born of a woman, subject to the law. <sup>5</sup>God sent him to buy freedom for us who were slaves to the law, so that he could adopt us as his very own children.

According to this passage, what were we slaves to?

What are some examples of this in your own life?

Why did God send Jesus? (v. 5)

How does that make you feel? (What do you think about that?)

Titus 2:11-15 (NASB)

<sup>11</sup> For the grace of God has appeared, bringing salvation to all men,<sup>12</sup> instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, <sup>13</sup> looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, <sup>14</sup> who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

<sup>15</sup> These things speak and exhort and reprove with all authority. Let no one disregard you.

What are some things God tells us to avoid?

What are some things we are supposed to look for?

What are some things we are to do?

1 Peter 1:17-19 (NASB)

<sup>17</sup> If you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay *on earth*; <sup>18</sup> knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers, <sup>19</sup> but with precious blood, as of a lamb unblemished and spotless, *the blood* of Christ.

What does this tell us about God?

How should we talk to God?

What were we bought with?

What does this tell us about Christ?

### **RESTORED:**

I am no longer cast off, Abandoned, Neglected or Ignored.  
I have been brought back into relationship with God.

### **Psalm 18:20**

The LORD rewarded me for doing right; he restored me because of my innocence.

What is promised?

Why does God do this?

What are some good things that you have done recently?

### **Psalm 30:2**

O LORD my God, I cried to you for help, and you restored my health.

What does the author do?

How does God respond?

Where in your life do you specifically need to ask God for help?

### **Psalm 41:3**

The LORD nurses them when they are sick and restores them to health.

Who are some people who are sick that you can pray for?

### **Psalm 51:12**

Restore to me the joy of your salvation, and make me willing to obey you.

What are some things about how God works in your life that you can be excited about?

Where in your life do you need to ask you to be better at obeying Him?

Take a moment and ask God to help you to obey Him better.

**Psalm 71:21**

You will restore me to even greater honor and comfort me once again.

What is promised?

How might that be encouraging for you (Or someone in your life?)

**Psalm 85:4**

Now restore us again, O God of our salvation. Put aside your anger against us once more.

What are some things this tells us about the author?

How might that encourage you?

**Psalm 119:107**

I have suffered much, O LORD; restore my life again as you promised.

What has this author gone through?

What suffering have you gone through?

What is promised?

Take a moment and ask this for yourself and for some others in your life.

Romans 5:9-11 (NLT)

<sup>9</sup>And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation. <sup>10</sup>For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. <sup>11</sup>So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.

How does God see us according to this passage?

What are several things that are promised?

1 Peter 5:9-11 (NLT)

<sup>9</sup>Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.

<sup>10</sup>In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. <sup>11</sup>All power to him forever! Amen.

What are we encouraged to do?

What promises or encouragements are given?

**RENEWED:**

I am no longer broken, fractured, damaged. I have been MADE **NEW**.

1 John 1:9

Psalms 51:9-11 (ESV)

<sup>9</sup>Hide your face from my sins, and blot out all my iniquities. <sup>10</sup>Create in me a clean heart, O God, and renew a right spirit within me. <sup>11</sup>Cast me not away from your presence, and take not your Holy Spirit from me.

What are some things the author is asking God?

What might be some things you need to confess to God?

Where might God need to clean out in your life?

For those things God has cleaned out and forgiven, take some time and thank God for that.

Psalm 103:1-5 (ESV)

**Bless the LORD, O My Soul** Of David.

**103** Bless the LORD, O my soul, and all that is within me, bless his holy name! <sup>2</sup>Bless the LORD, O my soul, and forget not all his benefits, <sup>3</sup>who forgives all your iniquity, who heals all your diseases, <sup>4</sup>who redeems your life from the pit, who crowns you with steadfast love and mercy, <sup>5</sup>who satisfies you with good so that your youth is renewed like the eagle's.

What is David doing?

What does David want the listener to remember?

As David had murdered people and had committed adultery among other things, why was this so important to him?

What is promised?

2 Corinthians 4:15-18 (ESV)

<sup>15</sup>For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

<sup>16</sup>So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. <sup>17</sup>For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup>as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

What does this tell us about God's Grace?

What are we encouraged to do?

What is promised?

What are we encouraged to focus on?

Romans 12:1-2 (ESV)

**A Living Sacrifice**

**12** I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

What are we encouraged to do?

Why is this important?

What does this tell us about God?

Ephesians 4:20-24 (ESV)

<sup>20</sup>But that is not the way you learned Christ!— <sup>21</sup>assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup>and to be renewed in the spirit of your minds, <sup>24</sup>and to put on the new self, created after the likeness of God in true righteousness and holiness.

What does this tell us about Truth?

What are we supposed to get rid of?

What are we supposed to do?

What does this tell us about who we are?

Colossians 3:9-11 (ESV)

<sup>9</sup>Do not lie to one another, seeing that you have put off the old self with its practices <sup>10</sup>and have put on the new self, which is being renewed in knowledge after the image of its creator. <sup>11</sup>Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

What are we not supposed to do?

Why?

What does this tell us about ourselves?

Titus 3:4-8 (ESV)

<sup>4</sup>But when the goodness and loving kindness of God our Savior appeared, <sup>5</sup>he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, <sup>6</sup>whom he poured out on us richly through Jesus Christ our Savior, <sup>7</sup>so that being justified by his grace we might become heirs according to the hope of eternal life.<sup>8</sup>The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.

What does this tell us about God?

What are some of the things God did?

What are some things that are promised?

What are some things we are supposed to do?

Why?

### **RENAMED:**

I can let go of the old titles/names  
I have NEW names and titles

What are some old names you have been called?

Isaiah 62:1-3 (NLT)

#### **Isaiah's Prayer for Jerusalem**

**62** Because I love Zion, I will not keep still. Because my heart yearns for Jerusalem, I cannot remain silent. I will not stop praying for her until her righteousness shines like the dawn, and her salvation blazes like a burning torch.

<sup>2</sup>The nations will see your righteousness. World leaders will be blinded by your glory. And you will be given a new name by the LORD's own mouth.

<sup>3</sup>The LORD will hold you in his hand for all to see— a splendid crown in the hand of God.

What are some things the author does?

Why does he do that?

What are some things about God the author focuses on?

If God were to "show you off" to the world, what would they see?

### **Revelation 2:17**

"Anyone with ears to hear must listen to the Spirit and understand what he is saying to the churches. To everyone who is victorious I will give some of the manna that has been hidden away in heaven. And I will give to each one a white stone, and on the stone will be engraved a new name that no one understands except the one who receives it.

What is promised?

What is required?

Revelation 3:12 (NLT)

<sup>12</sup>All who are victorious will become pillars in the Temple of my God, and they will never have to leave it. And I will write on them the name of my God, and they will be citizens in the city of my God—the new Jerusalem that comes down from heaven from my God. And I will also write on them my new name.

What is promised?

What is required?

In the following passages, God gives these individuals new names. Read through the passages and write down some things that stick out. (What were they like before? What changed?)

Abram to Abraham – Genesis 17

Jacob to Israel – Genesis 35

Saul to Paul – Acts 13

Simon to Peter/ Cephas - “The Rock” – Matthew 10, Mark 3, Luke 6, John 1, Matthew 16

## **REFOCUSED:**

I have a New Purpose

Do you know what your purpose is?

For God (When it comes to God, what is your purpose?)

For Others (What is your purpose when it comes to other people?)

For Myself (When it comes to yourself, what is your purpose?)

For these following characters, their lives change. It's not just what they do, they change their focus, their purpose, and in all of that, how people see and interact with them change.

Moses – Studies – Supervising – Sheep – Nation

Paul – Persecuting Christians to Preaching and leading people to Christ

Peter – Fisherman to Fishers of Men to Shepherding the Church

Philippians 3:12-16 (NLT)

### **Pressing toward the Goal**

<sup>12</sup>I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. <sup>13</sup>No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, <sup>14</sup>I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. <sup>15</sup>Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. <sup>16</sup>But we must hold on to the progress we have already made.

What does the author NOT do?

What does he do?

What is something you need to leave behind and 'forget?'

What is something that you need to press on in order to grow closer to Christ?

The GOD of the UNIVERSE who CREATED and DESIGNED YOU wants you to KNOW and REMEMBER that YOU ARE:

**REDEEMED  
RESTORED  
RENEWED  
RENAMED  
REFOCUSED**

**Which of these might you need to focus more on or cling tighter to?**

**(Circle them.)**

**Ask God to help you to do this.**

**Share your thoughts with a family member, friend or small group youth group leader.**

You can take this truth and BLESS OTHERS.

God gave me far more than I ever thought I would have had.

Dream a Bit. What may God have for you?

**Stay In Touch – I'd love to hear from you. I'd love to hear your story and get to know you. I'd be excited to pray for you and remind you of what God may have for you!**

Twitter: @JacksonDFong  
Instagram: JacksonDFong  
Facebook: JacksonDFong  
Email: JacksonF@FBCDowney.org

A Free E handbook for this session can be found at  
**YMOptions.com**  
#ListeningForMyWorth  
© 2018 JacksonDFong