

First Part: Shame

**Introduction**

Some Characteristics of Innocence/Guilt vs. Honor/Shame Cultures

Innocence/Guilt Culture	Honor/Shame Culture
Concerned with having a clear conscience	Concerned with becoming a person of honor
Addresses wrong-doing and freedom from sin	Addresses core identity and sense of duty
Responsible for individual sin	Responsible for corporate honor
Guilt occurs as a result of individual action	Shame occurs as a result of perceived identity
Confess, apologize	Hide, flee
“You made a mistake”	“You are a mistake”
Absolved by confession and forgiveness	Absolved by grace and acceptance

(a good explanation of honor/shame cultures on Honor and Shame 201 on Youtube)

**What is Shame?**

feelings that arise out of the belief that I’m not OK in the eyes of others

1. shame arises when we sin (e.g. Num 12:14)
2. shame arises when others sin against us (e.g. 2 Sam 10:5, 2 Sam 13)
3. inherent shame (Gen 2:25 “Adam and his wife were both naked, and they felt no shame.” Gen 3:7 “they realized they were naked; so they sewed fig leaves together and made coverings for themselves.”

**How does shame manifest in Japanese women?**

1. controlled by others’ and one’s own expectations
2. the core sense of who we are is shaken when we realize we made a mistake/commit sin
3. conformity to the society
4. perfectionism
5. comparison and competition
6. depression
7. suicide

**Embracing our own shame through vulnerability and the gospel (Heb 12:2) and becoming an instrument of God's grace**

(a good book on shame: The Shame Exchange by the Breedlove and the Ennis)