



When Darkness  
**GROWS**

**Even if you have never been to  
prison, we all know what it feels  
like to be powerless and helpless  
in our circumstances.**

**It is natural to try and hide our sin,  
our insecurities, and our  
weaknesses.**

# CYCLE OF SHAME



**An emotional and spiritual pattern that keeps people trapped in guilt, self-condemnation, and secrecy that prevents healing and growth.**

# CYCLE OF SHAME



**It happened, late one afternoon,  
when David arose from his couch  
and was walking on the roof of the  
king's house, that he saw from the  
roof a woman bathing; and the  
woman was **very beautiful**.**

**2 Samuel 11:2**

**but each person is tempted when  
they are dragged away by their  
own evil desire and enticed.**

**James 1:14**

**Temptation itself is not a sin, but temptation left unchecked leads to poor choices and mistakes.**

# CYCLE OF SHAME



<sup>3</sup>And David sent and inquired about the woman. And one said, “**Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?**” <sup>4</sup> So David sent messengers and took her, and she came to him, and he lay with her...

**2 Samuel 11:3-4**

**Then, after desire has conceived,  
it gives birth to sin; and sin, when  
it is full-grown, gives birth to  
death.**

**James 1:15**

**For the wages of **sin is death**, but  
the gift of God is eternal life in  
Christ Jesus our Lord.**

**Romans 6:23**

# CYCLE OF SHAME



**And when He comes, He will convict  
the world concerning **sin** and  
**righteousness** and judgment.**

**John 16:8**

Do not **quench (sbennymi)** the Holy  
Spirit.

1 Thessalonians 5:19

<sup>5</sup> **And the woman conceived, and she sent and told David, “I am pregnant.”**

<sup>6</sup> **So David sent word to Joab, “Send me Uriah the Hittite.” And Joab sent Uriah to David.**

**2 Samuel 11:5-6**

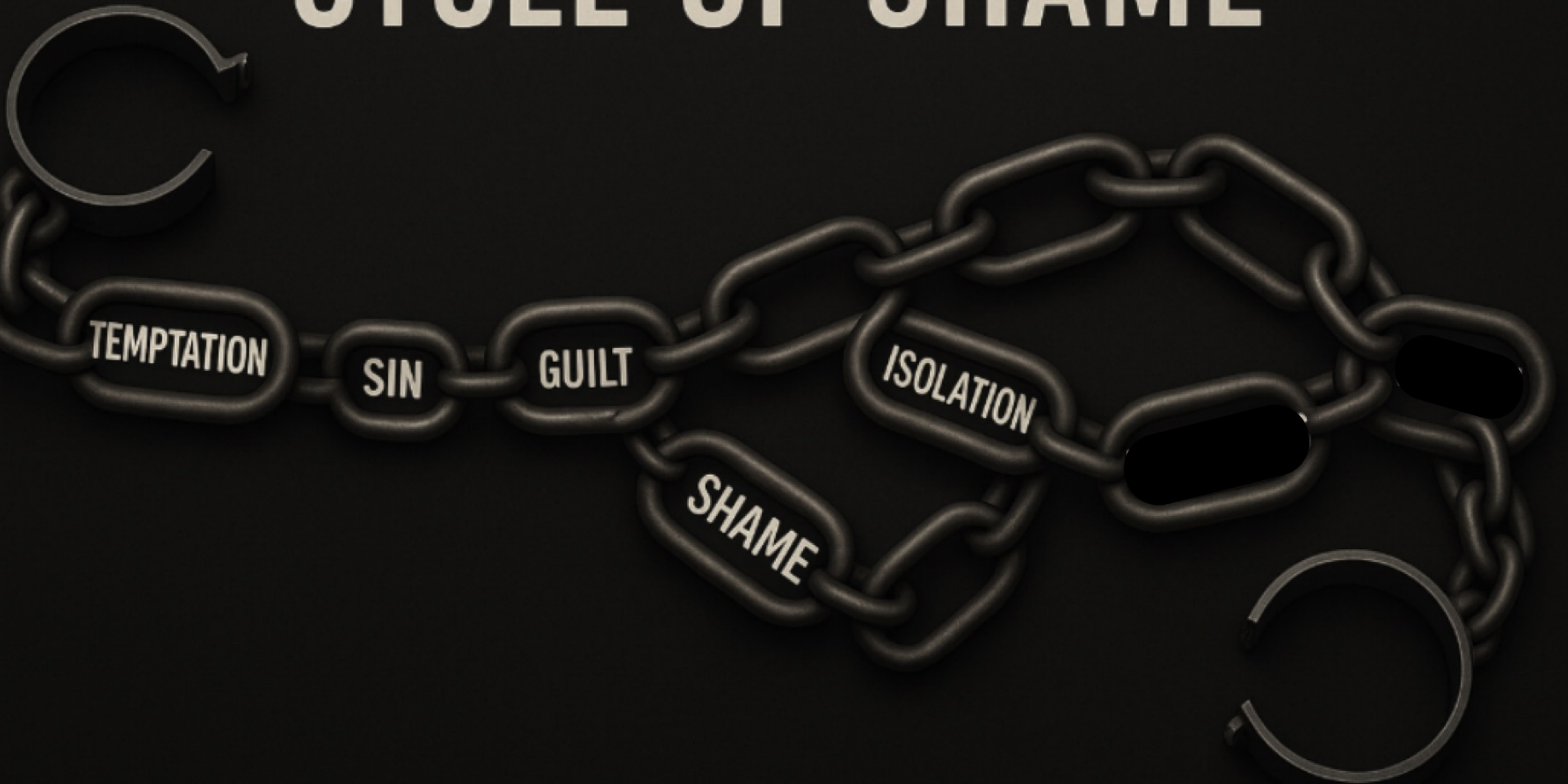
# CYCLE OF SHAME



**Shame will cause us to **act differently**.**

**To behave in ways that we never thought that we would just so we can cover up for “**what we have become**”.**

# CYCLE OF SHAME

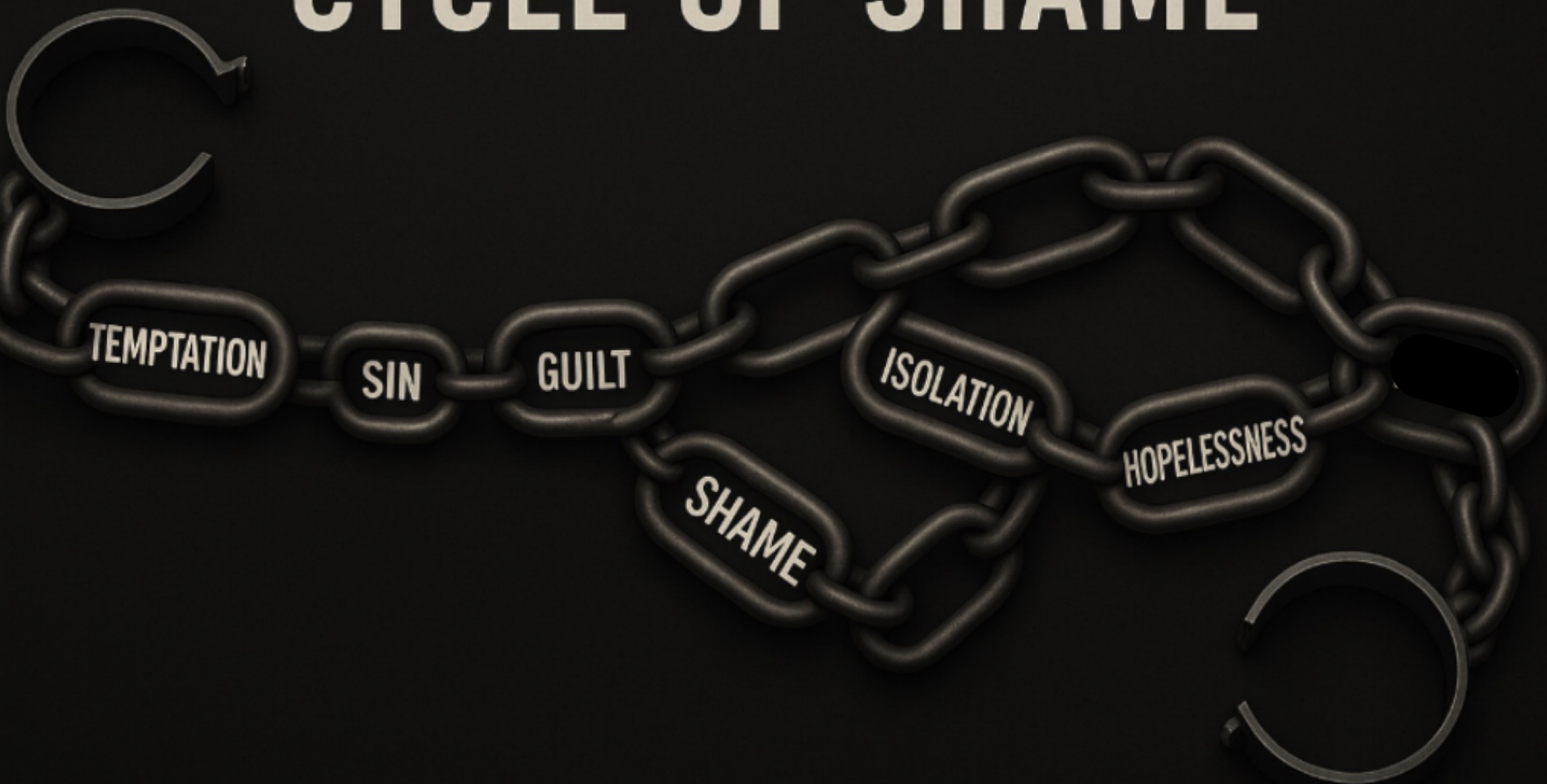


**Then the eyes of both were opened...  
and they knew that they were naked.**

**So they sewed fig leaves together...**

**Genesis 3:7-10**

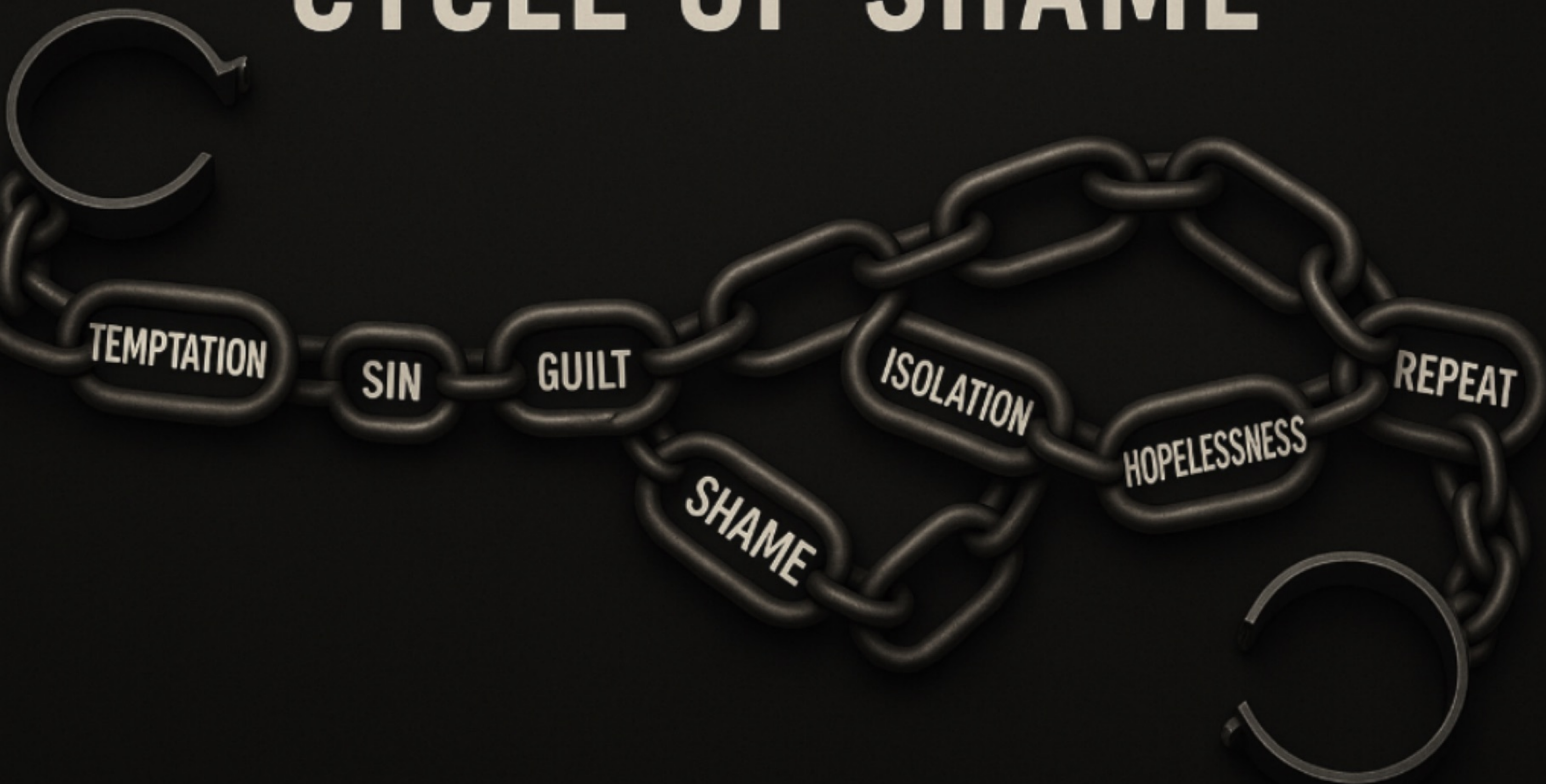
# CYCLE OF SHAME



**As a dog returns to his own vomit,  
So a fool repeats his folly.**

**Proverbs 26:11**

# CYCLE OF SHAME



# Breaking the Cycle

## 1) Admit and Confess

<sup>11</sup> Have nothing to do with the fruitless deeds of darkness, but rather **expose them**. <sup>12</sup> It is shameful even to mention what the disobedient do in secret. <sup>13</sup> But everything exposed by the light becomes visible—and **everything that is illuminated becomes a light**.

Ephesians 5:11-13

# Breaking the Cycle

**1) Admit and Confess**

**2) Receive Grace, Not Condemnation**

<sup>1</sup>Therefore, there is now **no condemnation** for those who are in Christ Jesus, <sup>2</sup> because **through** Christ Jesus the law of the Spirit who gives life **has set you free** from the law of sin and death.

Romans 8:1-2

# Breaking the Cycle

**1) Admit and Confess**

**2) Receive Grace, Not Condemnation**

**3) Embrace Your Identity in Christ**

**Therefore, if anyone is **in Christ**, the  
new creation has come: The old has  
gone, **the new is here!****

**2 Corinthians 5:17**

# Breaking the Cycle

- 1) Admit and Confess**
- 2) Receive Grace, Not Condemnation**
- 3) Embrace Your Identity in Christ**
- 4) Connect with Others in Community**

**Carry each other's **burdens**, and in this way you will fulfill the **law of Christ**.**

**Galatians 6:2**

# Breaking the Cycle

- 1) Admit and Confess**
- 2) Receive Grace, Not Condemnation**
- 3) Embrace Your Identity in Christ**
- 4) Connect with Others in Community**
- 5) Renew Your Mind**

**Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.**

**Romans 12:2**

**I have come into the world as a light, so  
that no one **who believes in Me** should  
stay in darkness.**

**John 12:46**

<sup>11</sup> Have nothing to do with the fruitless deeds of darkness, but rather **EXPOSE THEM**. <sup>12</sup> It is shameful even to mention what the disobedient do in secret. <sup>13</sup> But everything exposed by the light becomes visible—and **EVERYTHING THAT IS ILLUMINATED BECOMES A LIGHT.**

Ephesians 5:11-13