

A woman in a blue and red robe is shown in a state of deep grief, sitting on the ground and covering her face with her hands. She is positioned in the foreground, with a stone wall and a draped curtain behind her. The background depicts a desolate, ruined city with several tall, rectangular stone structures. In the distance, a large, reddish-brown mountain range is visible under a cloudy, overcast sky. The overall atmosphere is one of sorrow and despair.

Lament of Shame
Lam. 2:15

Some types of loss or change bring feelings of humiliation or shame IN ADDITION TO the excruciating grief of the loss itself. On top of emotional pain is social stigma.

- Her enemies look at her [Jerusalem] and laugh at her destruction *(1:7)*
- Jerusalem has become an “unclean” thing among them. *(1:17)*
- My enemies hear of my distress and rejoice at what has been done. *(1:21)*

- The elders sit on the ground in silence with dust sprinkled on their heads. *(2:10)*
- All our enemies say, “This is the day we have waited for. We have lived to see it!” *(2:16)*
- O Lord, look and see our disgrace... The crown has fallen from our heads. *(5:1, 16)*

LOGIC “Why should anyone complain when punished for their sins?” (3:39)

RESPONSE “Let us examine our ways and test them and let us return to the Lord. Let us lift up our hearts and hands to God in heaven and say, “We have sinned and rebelled and you have not forgiven!” (3:40-42)

Shame should be a **springboard**
for repentance and change.

- The shame which results from sin should
MOTIVATE us to change behaviors
and actually learn a better way to live!

In Damascus and Jerusalem, among Jews and Gentiles also, I preached that they should repent and turn to God and prove their repentance by their deeds. (*Acts 26:20*)

Godly sorrow brings repentance that leads
to salvation [change] and leaves no regret...
(11 Cor. 7:10)

Even when shame or embarrassment
does not come from SIN, it is still dreadful.
HOWEVER...

No one has died from embarrassment.
You will live past it!

If you are not at fault, God knows.
He alone will judge your life.

Your experience will enable you to
understand and **encourage** others!

Jesus **sympathizes** and **supports** you.
He was publicly humiliated.

In his humiliation, he was treated unfairly. (*Acts 8:33*)

When they hurled their insults at him, he did not retaliate. When he suffered, he made no threats.
(*1 Peter 2:23*)

We have a high priest who is able to sympathize with our weakness [embarrassment]. He has been tempted [tested] in every way, just as we are; yet without sin. (*Heb. 4:15*)

Someday you will not even **remember**
this shame!

Humiliation will make you either bitter or humble. God's way is that you would learn **patience** and **trust** as you ENDURE it.

For it is commendable if a man bears up under the pain [shame] of UNJUST SUFFERING because he is conscious of God. (*1 Peter 2:19*)