

SISTER'S MANTRA:

There's **NOTHING** too hard for God!

I am a daughter of the King.

God sees me!

He has great plans for me!

I will strive to live as a Christian should.

I will inspire and encourage my sisters to
do the same.

Trying to Sleep in the B.E.D. You Made



Sunday, August 16, 2026

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PURPOSE:

**Focus on self-healing &
forgiveness of self through faith**

LEARNING OBJECTIVES

At the end of the lesson, you should be able to:



Identify the
B.E.D. you are
sleeping in

Recognize
triggers

Develop a plan to
live in peace

WHAT KIND OF B.E.D. AM I SLEEPING IN?

B

Blame/Bitterness

E

Evade/Escape

D

Denial/Dismissal

S

Shame



BLAME

Blame is the act of holding a person, group, or thing responsible for a mistake, error, or something bad that has occurred. It functions both as a verb (to assign fault) and as a noun (responsibility for a negative event). **Blame shifting** is a manipulative tactic where someone avoids taking responsibility for their mistakes or harmful behavior by deflecting the fault onto someone else. Instead of addressing the core issue, the offender twists the narrative so that the innocent person feels guilty or believes they are the actual problem.

Strategies used to avoid accountability and protecting the ego...

Turning the tables

Deflecting with the past

Minimizing &
invalidating

Playing the victim



Blame shifting *often* stems from deep-seated insecurities, an inability to process negative emotions, or a fragile ego. People do it to protect their self-image, avoid negative consequences, or maintain power and control in a relationship.

BLAME SHIFTING IN THE BIBLE



What does the Bible say about this?

"He who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy."

~Proverbs 28:13

Matthew 7:3-5 warns against focusing on/pointing out everyone else's' flaws while ignoring your own.

EVADE

Evade means to escape or avoid something, typically through cleverness or a lack of scruple. It usually implies dodging a responsibility, a pursuer, or a direct question, and often carries a sense of dishonesty.

In the Bible, evasion appears in two main ways...



**Escaping Divine
Commands and
Responsibility**

Jonah
Jonah 1:3



**Physical Evasion and
Escaping Danger**

Elisha
2 Kings 6:18

DENIAL

Denial broadly means the refusal to accept the truth of a statement or a refusal to grant a request.

Denial is also an unconscious psychological defense mechanism characterized by the rejection of objective facts, refusal to accept reality, and the minimization of consequences to protect the ego from anxiety.

Primary types of denial...

Denial of Fact

Denial of Impact

Denial of Responsibility

Common Behavioral Patterns

Avoidance: Refusing to talk about, think about, or face triggering subjects.

Rationalization: Inventing logical-sounding excuses to justify unhealthy behaviors.

Comparing: Pointing out others who are worse off to prove your own behavior is fine.

DENIAL IN THE BIBLE

Denial of Self (Positive)

Jesus commanded His followers to "deny themselves and take up their cross and follow me" (Matthew 16:24).

This means yielding personal control and selfish desires to live according to God's will. "Whoever wants to save their life will lose it, but whoever loses their life for me will find it" (Matthew 16:25).

Denying Christ (Negative)

The Bible warns against turning away from or disowning Jesus, particularly under pressure. "Whoever denies me before men, I will also deny before my Father who is in heaven" (Matthew 10:33). Probably the most famous example is when Peter denied knowing Jesus three times to save himself from arrest (Luke 22:54-62).

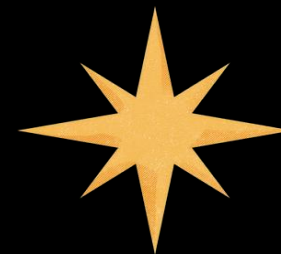
SHAME

Shame is an emotion caused by a deep sense of guilt, unworthiness, or disgrace. It can cause a person to feel like they are flawed or bad to the core, rather than just having made a mistake. Emotionally, **shame** often results in feelings of regret, embarrassment, or a belief that you do not measure up to social norms or personal standards.

Guilt

Feeling bad about a
specific *action* or choice
you made

"I did a bad thing."



Shame

Feeling bad about
your core *identity* or
who you are

"I am a bad person."

SHAME IN THE BIBLE

Shame represents a deep sense of exposure, unworthiness, and alienation from God and others. Scripture traces shame from its origin in Eden through human brokenness, ultimately offering a promise of removal and replacement with dignity and honor through Jesus Christ.



The Impact of Shame = Hiding and Fear

Adam and Eve were naked and unashamed before sin entered the world (Genesis 2:25).

Then, they ate the fruit, realized their nakedness, and hid from God (Genesis 3:7–10).

Shame inherently causes people to hide, deflect blame, and experience a broken, unhealthy, fractured relationship with both God and His people.

How to Overcome Shame Through Christ

Remember The Cross: Jesus endured the cross for us (Hebrews 12:2).

- **Trust The Promise:** Scripture assures us there is no condemnation for those in Christ (Romans 8:1).

DISCLAIMER

I believe that we often deny *Christ* by unintentionally minimizing HIS power. We allow our hurts, hang-ups, & habits to box in or overshadow the presence of God. But **GOD IS MORE!!** There is absolutely **NOTHING TOO HARD FOR GOD!** Which means when I allow my past to keep me from forgiving MYSELF, I'm essentially saying that Christ's blood isn't strong enough to wash away my sins. I don't typically hold grudges because no one is worth me missing heaven, BUT what I do instead is blame myself or wallow in shame for allowing whatever happened or the feelings I carry about a situation.

FORGIVENESS

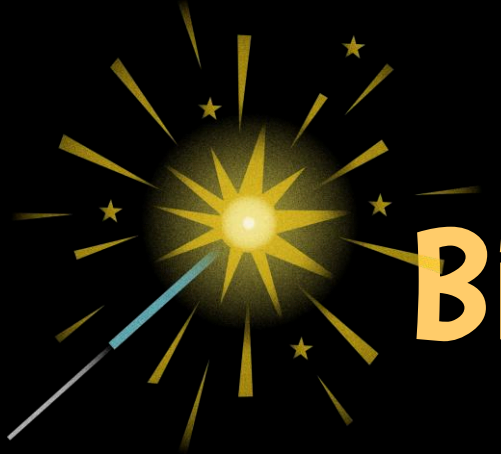
What keeps me up at night isn't you, it's me...

Refusing to forgive yourself is not explicitly listed as a "sin," but it is considered an act of spiritual pride or unbelief. Holding onto your own guilt implies that your standards are higher than God's or that Christ's sacrifice wasn't enough.

Matthew 22:39 says, "Love your neighbor as you love yourself" so, the question is: **Do you love yourself?**



FORGIVENESS



Biblical Standard:

The Bible does not command or mention "forgiving yourself". But, it teaches forgiveness has two categories: vertical (God forgiving you) and horizontal (seeking/granting forgiveness to others).



Problem of Pride:

Christian theologians suggest that claiming, "I know God forgives me, but I can't forgive myself," essentially sets yourself up as a higher judge than God. It suggests you believe your own negative judgment of yourself is more valid than God's declaration that you are forgiven.



Accepting Grace:

Struggling to let go of the past usually indicates that you are trying to atone for your own sins rather than accepting that **Jesus paid the full penalty**. True peace comes from accepting that your guilt is already removed, rather than relying on your own feelings of worthiness.

Healing time

Healing and growth requires a few things:

FAITH

trusting God to take
care of it

Romans 12:18-19

KNOWLEDGE

of who God is & what
He can do

James 2:19

Desire

to get/be well

John 5:1-15

LIVING UNTRIGGERED

1 Peter 5:7

What I can **control** and **what I can't**

Free yourself from unnecessary worry and focus your energy on what truly matters.



POWERFUL on PURPOSE



Verses to call on for strength – to remember the power we have in/through Christ.

- Philippians 4:13
- Romans 8:11–18
- Ephesians 3:20
- Psalms 27:1

POP!