



# Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection

Edward T. Welch

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## Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection

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Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection Edward T. Welch Shame controls far too many of us. Worthless, inferior, rejected, weak, humiliated, failure...it all adds up to wishing we could get away from others and hide. We know what shame feels like. The way out, however, is harder to find. Time doesn't help, neither does confession, because shame is just as often from what others do to you as it is from what you have done. But the Bible is about shame from start to finish, and, if we are willing, God's beautiful words break through. Look at Jesus through the lens of shame and see how the marginalized and worthless are his favorites and become his people. God cares for the shamed. Through Jesus you are covered, adopted, cleansed, and healed.



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