



{ From *Untangled*
by CAREY SCOTT / #CareyScottTalks
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Lord, untangle me so I can be content with
who I am and how

you created me.



Devotions to help you untangle...

Shame

By Carey Scott

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Day 1:

All wrapped up in numbers

Our society is so numbers-focused. Have you noticed? And when we use numbers to measure our worth, it can easily turn into an unhealthy obsession.

Maybe it's the number...

- ... on the scale
- ... on the tag indicating the size of our clothes
- ... representing our families income
- ... of subscribers to our blog

Or a million others possibilities.

And we believe that if these numbers are more or less than we *think* they should be, there's something wrong with us. We buy into the lie that says these digits define us—that they decide if we're good enough or not.

But sweet one, the only number that should define you is the ONE who created you.

All the other numbers we use to measure ourselves are part of a plan to get our eyes off of God and onto *ourselves*. It's the Enemy's way of keeping us in bondage... in slavery... and very much distracted.

Think about it:

- Do you allow your mood to be determined by the weight on the scale each morning?
- Are you ashamed of the size of your clothing, making you feel ugly and undesirable?

- Are jealous because you don't have the money that others do, so you're cranky about your inability to travel or buy the latest styles like others?

If you answered yes, chances are the Enemy's plan is working. He is a crafty one, and is always looking for opportunities to make you feel bad about yourself.

The truth is, we can't live our lives competing with others. We weren't designed to. Life isn't always a competition. And if we make it, we'll live defeated in shame because the bar will always be raised to a level just out of our reach.

And we'll be left feeling like we don't measure up.

So what do we do?

Think about the things of heaven, not the things of earth. (Colossians 3:2)

God didn't create us to fit in here. We're citizens of heaven. And when we decide our worth is dependant in it, it'll tangle us up.

You were created very special. Each of us were. When God thought you up, He took His time. He chose your hair color... your body type... where you'd live... your talents and gifting... the money you'd make... and even what family you'd grow up in and marry in to.

You have His goodness inside you.

But when you think too much about measuring your worth with numbers, you're not recognizing how very special you are.

So stop calculating your approval. Stop searching for the formula to help you find acceptance. Stop letting the world add or subtract from your self-esteem.

Remember that your Father in Heaven thinks you're amazing. So much so, that He made only one of *you*.

What number do you struggle with the most?

Day 2:

When those voices say...

When the struggle says... *"It's too messy to fix!"*

And pain says... *"No one will ever understand."*

And your heart says... *"Don't trust anyone."*

And your mind says... *"It's not fair."*

And fear says... *"I'll never get it right."*

And unforgiveness says... *"They need to pay."*

And pride says... *"How dare them."*

And anger says... *"Revenge is sweet."*

And hopelessness says... *"Give up."*

And condemnation says... *"You did it again."*

And logic says... *"It doesn't make sense."*

And YOU say... *"Help me, Lord! I can't do it anymore!"*

Remember that GOD says...

"Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest." (Matthew 11:28)

What do you need to give to God today?

Day 3:

The only way to scrub off insecurity

We're in the throes of selling our home.

- ~ The house has been professionally staged.
- ~ The carpets cleaned and the paint touched up.
- ~ The home sparkles from floor to ceiling.
- ~ Minor interior updates have been completed.
- ~ We've mulched the garden beds, pulled weeds, and trimmed the grass.
- ~ The basement has been purged and packed.

And you know what? *Our house really cleans up nicely.* It's been years since it's looked this good. Seeing it so spiffy has renewed my love and appreciation for our home of 15 years.

... but we can't live this way for long.

Truth is, when we're not in home-sale mode, we've made peace living with a certain amount of dirt.

Oh I see the dust bunnies, but I think they add character. Yes, we have grime on some shelves, but it's more fun to write words in it than wipe it clean. I've seen the collection of crumbs by the kitchen baseboards, but feel certain the dust bunnies need something to nibble on.

We have our favorite spots to pile clothes rather than hang them, and often pick them up from the floor and wear them again. *Don't judge... you do it, too.* 😊

There's always toothpaste splatter on the bathroom mirror. And why make beds when you'll be in them again in 12 hours? *Am I preaching?*

So keeping our home spotless and show-ready is hard work. *Maybe just for the Scott family.* But somehow, we have to find a way to survive our busy and demanding (*and slightly unhygienic*) lives in a home that can't appear like we even reside here at all.

Ummm.... right.

Our day-to-day looks different now. We can't exist here in the usual, comfortable way. *The way we're used to.* Instead, we have to present a cleaned-up version so our home will appeal to others.

I really do understand the methodology behind it. We're attracted to shiny new things. We want to be WOW'ed. I get it. And it makes perfect sense when you're buying or selling a home.

But so often, we get all cleaned up, hoping the world will approve of and accept us. We stage our lives to look better than it really is. We pluck the weeds, and try to clean up so others will be impressed.

Truth is, we can't live that way for long. It's exhausting trying to be something we're not.

- ~ And at some point, our ***messy*** will start to show again.
- ~ Our ***crazy*** will be uncovered.
- ~ Our ***neediness*** will slip out.
- ~ Our ***insecurities*** will spill over.

For years, I've tried to ***purdy my own self up***. And while I've made myself sparkle and shine at different times, my best efforts haven't effectively swept away the dirt - *the dirt that muddies my self-worth.*

You know what I'm talking about:

- ~ It's the dirt that reminds me I'm ***unlovable*** because I'm not thin enough.
- ~ The dirt that says I'm ***not a good wife*** because I don't cook dinner enough.

- ~ The dirt that whispers I'm an *ineffective writer*.
- ~ The dirt that says I'm *too much or too little*.
- ~ The dirt that tells me I'm *not worth their time*.

And while I've scrubbed with all my might, I don't have the strength, patience, or know-how to remove that dirt.

But God does. God has. And honestly, He is the only One who can.

God knows your value, He knows the struggles beating up your self-esteem, and to make it all right... God asked His Son to pay the ultimate price on the cross.

His sacrifice made you spotless.

So you don't have to look... or be... or act a certain way, hoping for approval and adoration. Sweet friend, you already are.

You don't have to present a squeaky clean self to the world, because the truth is that you're not. No one is. And there is great freedom in just being ... you.

Because no matter what you've done... regardless of the bad choices you've made... despite the guilt and shame you try to hide from...

You are good enough.

What do you need God to remind you of today?

Day 4:

The mark that told others, I was an easy target.

In my book *Untangled*, I mustered up my courage to publicly share an incident of sexual abuse that happened to me when I was four years old. Sharing my story into the light of day has helped take the shame and guilt away.

Because Jesus is in the light. He is the Light.

And He came to heal the brokenhearted.

Can you remember a time you felt His peace and restoration bleed into a situation, change a destructive behavior, or replace a negative thought-pattern?

It's in those times that God confirms He is who He says He is... and will do what He says He will do.

Oh how He loves us...

Through my process of healing, **God has opened my eyes to so many truths and lies** about me... about Him... about life... about faith... about others.

It's been a humbling experience—freeing at times, painful in others.

But few have caught me off guard like this one did.

Not only did that abusive encounter as a young girl set me up with a life-long struggle with worthlessness, shame, and feelings of deep rejection... **but it marked me.**

I had an invisible mark on me that only abusers could see. It told them I'd been hurt before, and I was vulnerable enough to be hurt again. I was *an easy target*.

Unfortunately, the sexual abuse at age four wasn't the only abuse I encountered. Instead it was the first of *many* where men took advantage me.

Somehow, predators could spot me a mile away.

The Bible talks about these *marks*.

In Genesis 4:15, Cain was afraid for his life when God judged him for murdering his brother Abel. God put a *mark* on Cain to help protect him from others, but it didn't prevent him from being attacked or killed. The mark merely warned that anyone who murdered Cain would suffer a worse death.

The Book of Revelation says that as the redeemed, we bear a *mark... a seal...* on our foreheads showing we belong to God (Revelation 14:1). But it doesn't exempt us from all earthly suffering. Instead, it shows that God has claimed us and we have eternal life with Him.

But the Enemy also marks people because he counterfeits the things of God. *"It forces everyone—the small and great, the rich and poor, the free and slaves—to have a mark put on their right hand or on their forehead."* Revelation 13:16. It's the mark of the beast.

When I kept finding myself in abusive, hurtful situations, I used to ask, *"Why me?"* Why am I always the target of abuse? Was it something I did? Something I said? Did I invite it? Was it my fault? Was I at the wrong place at the wrong time? Am I bad?

The older I got, my questions changed. *"God, Why are You letting this happen? If You really "love" Your kids so much, why are You allowing this?!"*

... *Silence.*

A victim mentality started growing, and the message of worthlessness dug in deeper. I was riddled with shame and guilt and anger... which manifested through *control issues* and struggles to *trust the motives* of others (*mostly men*).

Oh I just wanted to be *normal!*

I envied my friends who seemed to have these charmed lives filled with laughter and hope and confidence. And then there was me—*marked*—and keeping secrets about how very broken I was inside.

I carried most of it alone, sparing my friends and family the details and incidents.

What would they think of me?

What does God think of me?

Isaiah 55:8-9 says that we don't think like God does. We can't understand His thoughts or ways. So while I may never fully know why God allowed those things to happen to me, Jeremiah 29:11 assures us that His plan is - *and always has been* - for us to thrive.

Once God began to untangle those knots of insecurity, once my confidence grew, once I began to understand my worth, the mark of abuse faded away.

He replaced the mark of *victim* to a mark of *victor*.

And most of the time, I believe it. Most of the time, I walk in that truth.

But there are also those times where I fall on my face, asking God to once again remind me who I *am...* and who I am *not*.

And He does.

Every time.

What role does shame play in your life?

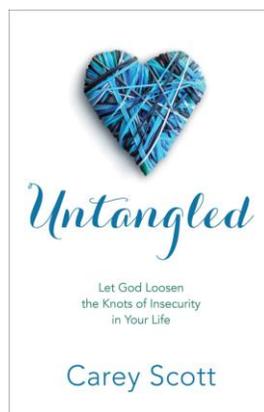


Carey Scott is a speaker, author, and life coach honest about her life and faith, stumbles, fumbles, and all. Her ministry focuses on helping women untangle their self-worth from the world and secure it in Jesus.

To connect with Carey, visit CareyScottTalks.com.

Or join the community at UntangledWomen.com.

And to dig deeper into the topics discussed in these devotionals, order Carey's book - [*Untangled: Let God Loosen the Knots of Insecurity in Your Life.*](#)



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