



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

*Edward T. Welch*



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**No More Hiding**

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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Edward T. Welch, MDiv, PhD, is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for over twenty-five years and has written many books including When People Are Big and God Is Small; Addictions: A Banquet in the Grave; Depression: A Stubborn Darkness; Crossroads: A Step-by-Step Guide Away from Addiction; Running Scared: Fear, Worry, and the God of Rest; and When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety.



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