



# **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.

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

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# **From Reader Review Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection for online ebook**

## **Becky Pliego says**

A walk through the Valley of Shame into the Kingdom of Light.

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## **Dave Jenkins says**

Shame and guilt controlled much of my life from my teenage years up until my late twenties. Even today, I still struggle some with shame and feelings of guilt. Shame controls many people with feelings of worthlessness, inferiority, rejection, weakness, and failure. It causes people to run away and hide rather than to come out into the Light of Jesus Christ. Understanding how Jesus took our shame and guilt through the Cross and rose again to new life is vital to overcoming feelings of shame and guilt, because only in preaching the right Gospel message to ourselves will one ever overcome feelings of shame and guilt. In his new book *Shame Interrupted: How God Lifts The Pain of Worthlessness and Rejection* Dr. Ed Welch writes to help his readers to 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 one struggling with shame, and through Jesus you can be covered, adopted, cleansed and healed.

This book looks at shame in four ways; first, shame uncovered, second, shame before Christ, shame, honor and Jesus, and honor after Jesus. By taking this approach the author very deliberately chooses to walk through what the Bible from Genesis to Revelation teaches about shame in order to help his readers understand not only what Scriptures teaches but also how to apply what the Bible teaches about Jesus to our lives.

Reading this book requires that one put it down after only reading parts of it. The author writes in very accessible style, but the content is heavy and makes you really examine yourself in light of Christ. A good book should make you think, but a great book will not only make you think but also change the way you think. Dr. Welch's book is a great book that not only will make you think, but also change the way you think about shame from the Bible. While many today feel a crushing sense of not being good enough—worthy of only feeling worthless the rest of their lives and Dr. Ed Welch calls us out of this mindset and into the biblical truth that God created us in His image and likeness by coming on a rescue mission to redeem us and reconcile us to the King Jesus who makes all things new—taking our hearts of stone and making us new creations in Him with new desires and new affections all for His glory.

*Shame Interrupted* is the kind of book I wish I had read sooner, but I'm glad I've read now as its helped me to understand why I struggle with shame, and why I need to look all the more to Christ. If you're struggling with shame, guilt, feelings of worthless, rejection or anything of the like, I recommend you read this book as it will help you to cling to Christ, abide in Christ and run into the arms of your Savior in Jesus who longs to bring healing to your brokenness through His Cross, burial and resurrection. In addition to this, *Shame Interrupted* will also help you to grow in confidence in the cleansing, adoption and sanctifying work of the Cross.

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

Author: Edward Welch

Publisher: New Growth Press (2012)

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## **Sunflower says**

Feel trapped by your life's circumstances?

Wished you had a perfect white picket fence life?

Truth is that many people don't have those perfect lives and reading the bible, we see that following and having faith in God, isn't about having a perfect life, but instead, we see both in the Old and New Testament, a reminder of how imperfect and broken people we all are, with stories that some of us may never be aware of, and yet, what God shows, is that He doesn't look for perfection and instead shows over and over that no matter what our backstory is, we can be used for His glory and we can move beyond what we feel are anchors in our lives.

Look at the story we all know, Adam and Eve....look at Noah's drunkenness, look at Moses self doubt, the bible is filled with imperfect, people who made bad choices and yet God showed that we are still worthy in His eyes and possible to be used.

Maybe not for greatness that will be celebrated (in a good way), on the front page news, and as much as we live in a society that expects the worse from everybody and holds their past in forever condemnation, God doesn't and in, "Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection " by Edward T. Welch, the reader is guided to see how they don't have to feel bounded by whatever chains they carry with them through life, but instead can find, hope, redemption and freedom.

As shared by the publisher, "Welch guides readers on a journey through Scripture to discover the one enduring remedy for shame: the blood of Christ. By bringing shame into the light, where it can be addressed by the Bible, Welch helps readers to understand and receive the acceptance of God in Christ and experience the relief that comes with freedom from shame."

"Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection " does exactly that and this doesn't promise to be a, "read this book and overnight be free" but rather...read this book and take those steps needed, to fully and truly, through Christ, move forward, not backward or chained to the past.

Well written, freeing and compassionate, "Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection " is a great book for those who struggled with feelings of shame and worthlessness.

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## **Devin says**

Welch defines, exposes, and remedies the attitudes and scars of shame running through every person's life. I've never considered 'shame' to be a serious issue for the American church to grapple with. The subject seems to me more relevant for Asian and perhaps European cultures, but not something to notice amongst Americans. I was wrong. Welch's definition and counsel make this book among essential readings for today's Christians.

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## **Hope Wiseman says**

This was a pivotal book for me and I think could be one for every reader. Shame is different than guilt and it is something each person has experienced or is living out since Adam & Eve. But Jesus. He came and took our shame and despised it so that we could be clothed and covered. I highly highly recommend this book!

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## **Rick Davis says**

An excellent book on the experience of shame and the Christian life. Welch's emphasis is on how the Bible addresses shame of all kinds. A great resource for people who feel shame in their own lives, but also a great resource of pastoral counseling.

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## **Jason Kanz says**

A few days ago, I expressed my consternation at people who capriciously assign five star ratings to mediocre books. Upon finishing Shame Interrupted by Ed Welch, I initially felt a little ashamed at wanting to assign it a five, but I really think everyone should read this book. Welch tackles the issue of shame, which is pervasive in the world and in the church. Welch walks the reader through the origins of shame and a gospel response. I cannot recommend this book highly enough.

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## **Loraena says**

This book is so good. This is my second time reading it, this time for a class. I'm happy to say I appreciated the book more this time. Welch's style has even grown on me after having taken two of his classes. This time, the book helped me recognize that a rather large area of struggle in my life is related to shame and I had not previously made that connection. It is incredibly helpful to identify that as I work & pray for healing in that area.

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## **Tara says**

Like all Ed Welch books, the content is excellent, but the style falls short. He's very repetitive and a little bit

too folksy for my taste. But the flip-side of that complaint is that the book is easily accessible to virtually everyone, as a book this important should be.

Particularly helpful to me was his breakdown of the four types of shame.

Shame of what we've done (before God)  
Shame of what we've done (before others)  
Shame of what's been done to us (before God)  
Shame of what's been done to us (before others)

In true human fashion, the most serious type of shame (the first) is often the one that worries us the least. But when we deal with the shame of what we've done before God, all other shame should melt away. (This is essentially the same argument in his book on people-pleasing -- i.e. the solution to fearing man is to fear God more.)

The goal in dealing with shame is to own your own sin, but *\*only\** your own sin. It's often tricky to sort through which is which. (I'd say it's nigh impossible without an extra pair of eyes. And there's the catch, since shame hates to be seen.) Here's one quote I found particularly insightful about taking shame that isn't yours: *"We blame ourselves because in a strange way it helps us feel as if we have more control. If we are responsible for what went wrong, for whatever hurt us, we might be able to figure out how to stop it from happening again."* I'd never quite identified the roots of that tendency, but it makes perfect sense. Far from being noble, taking shame that isn't yours is a refusal to trust God.

The only way out of the quagmire of shame is to be reminded over and over, by the Spirit as well as fellow believers, that God has a particular love for the shamed, that Christ himself experienced intense shame, and that Christ's shame has now been transformed into glory and ours will be too. And the last part is the hardest, because it requires the shamed to accept a gift they *\*know\** deep in their bones they don't deserve. But as Welch says, *"If you want Jesus, you must be willing to accept the honor that goes along with the relationship."*

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Slightly off-topic: Welch points out that the Bible mentions shame 10x more often than it does guilt. (Though shame and guilt are often found together, they are distinct. Guilt disappears when you're forgiven, but shame lingers. Shame, like guilt, may stem from something you've done, but shame ultimately says something about who you are.) With that in mind, I wonder if the way most of us evangelicals explain the gospel (Jesus' death paying a legal penalty for our sin, declaring us righteous before a holy Judge) is missing something. We can believe that Jesus took away the penalty for our sin and still remain trapped in intense shame. Perhaps in addition to the legal declaration of righteousness, we should emphasize that Jesus' death provided us with a new way of belonging, a new community, a new family. Just something I've been thinking about.

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## Mike says

Great book. It talks about a topic that no one writes about--Shame. There isn't even anything in the theology books about shame, though it is all over the Bible. It also comes up in my counseling all the time and is at the heart of many many problems people have with living.

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## **William Smith says**

One of the great contrasts between pre-fall man and post-fall man is the presence of shame. Before the fall we are told in Genesis that the man and the woman were naked and not ashamed. After the fall they realize they are naked and they try to hide themselves. The curse of sin is experienced in our relationships in the form of shame that seeks to hide from God and others and seeks to protect itself from all invaders. We can't let people know us. If they know us they will not like us and will reject us. Welch does an excellent job in showing us how shame is experienced in our lives and how to deal with it. Dealing with the implications and applications of situations of uncleanness in Leviticus, Welch interprets these in terms of how we experience the shame that comes with the curse of sin and how God has provided a way to deal with the shame in our lives. I am particularly fond of the fact that Welch doesn't leave this problem that results from social interaction to be dealt with by the individual in isolation. Healing comes, not by avoiding relationships but through relationships, particularly relationships within the church. We need others to help us to work through the shame. More particularly we need the church. God speaks his healing words to us through the word taught, baptism, and the Supper. While Welch recognizes the complexities that come with the problem of shame, he offers the simple (though not easy) biblical solution: we must learn to live by how God defines us and not by how we want to define ourselves or how others have defined us through words or deeds.

As with all books, there are quibbles here and there, but they are not worth mentioning. Overall, I highly recommend this book for all Christians who are dealing with the problem of shame in their own lives or in the lives of those with whom they are in relationship. I can also recommend it for those who are non-Christians because Welch explains how the gospel is the answer to the issue of the shame that each of us carries.

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## **Jessie Ang says**

The Gospel told in light of shame. Welch writes about the differences between shame before others and shame before God, and reveals who God is in how He treats those who were shamed throughout the Bible. He shows the gravity of what Christ did on the cross for us in taking on our shame, and how shame from others has no more hold on us because of that event - the event on which the whole of history turns. Then he goes on to explain how we can live boldly for God and even willingly taking on shame from the world because of God, and how that shame no longer controls or binds us.

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## **Michael Eckhardt says**

Exceptionally solid book on shame.

Welch is a counselor with both an M.Div and PhD, and so he brings to the table the best of counseling insights and biblical truth. Really a great synthesis. He's very steady and methodical as a writer, and the chapters are pretty short, so I often felt like I was sitting down to a short, very helpful counseling session.

Shame's a crippling thing, and all of us experience it more than we'd like to admit. This book doesn't pull punches, doesn't offer cheap palliatives as solutions, and, for me at least, really works.

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## **Brandi (Rambles of a SAHM) says**

I don't review many non-fiction books. Not because I don't like them or because I don't read them. It is because they take me so much longer to read and ponder my thoughts before I put them on paper.

Shame Interrupted took me an extra amount of time. I found myself reading a portion and then needing to put the book down and spend some time thinking and absorbing what I had just ingested. My copy of the book is so marked up and filled with sticky notes that I'm going to have to buy other copies to pass along. This one isn't leaving my grasp!

Dr. Welch begins the book at the very beginning. He unveils what shame really is and where it came from. We start the journey with the very first humans in the garden before shame descended. Through the use of conversational narrative we are made to see that we all suffer from it in one form or another because we come from a fallen state.

This book is a journey through scripture and modern day life that explores how we try to cover, overcome and move beyond shame. The truth is that there is no escaping it except the power of Christ's atonement for us. By the time I reached the final chapter Brides and Banquets I alternately wanted to weep and cheer.

I recommend this to anyone...because we all suffer from shame of some sort. We are ashamed of things we have done. We are ashamed of things that have been done to us. But in the pages of this book lie the answer to overcoming that shame. Pick it up and prepare to let the burden go.

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## **Amy Kannel says**

I really, really appreciate Ed Welch. Shame is a far more prevalent struggle than most of us realize (that seems to be a theme with Welch--he takes a topic that you think might not be your problem, and shows you how universal a struggle it really is; see *When People Are Big and God is Small* for one prominent example). And his tone in writing about it hits all the right notes: gentle and empathetic, firm and no-nonsense, an encouraging balm yet strong and challenging.

The book would definitely be more powerful and effective if one discussed, or at least journaled about, the questions at the end of each chapter (which I did not). But I did SO MUCH highlighting. Will probably revisit.

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