

Transformed by Grace Marriage Enrich Seminar – October 2024

With Nate and Kim Winters

We are so glad you attended today and we hope you find your time with us to be inspiring, beneficial and encouraging. Please take a moment while you wait for our seminar to fill out the last page of your packet.

If you would like someone to follow up with you about help you need in your marriage, please email Pastor Nate at nwinters@westshorefree.org, visit our church's marriage ministry website and fill out our form under the Restore tab and/or talk with us after the program.

Couple's Questions

PART 1 – Where Do We See and Experience Shame In Our Relationship?

Answer the following question (circle choices and check boxes) and then share with your partner.

I generally attempt to avoid feeling like (circle one or both) not enough and/or too much with you and I may attempt to make you feel like you are (circle one or both) not enough and/or too much by...

(Check each one below that applies to what YOU believe YOU DO and then share with your partner)

- Putting an end to a conversation before we have resolved it.
- Giving the silent treatment when I don't know what to do next or feel overwhelmed.
- Yelling or talking loudly and/or speaking in a dismissive/mean tone when my spouse hurts my feelings or says something I disagree with.
- Deciding the conversation is over before we both agree on a resolution and/or agree to take a break.
- Acting superior and as if my feelings and needs are more important than yours.
- Calling you a name or labeling you a thing and never circling back to acknowledge this is sinful/wrong.
- Struggling to admit I am wrong and/or finding it very difficult to ask you for forgiveness.
- Rarely sharing clearly what I need and/or asking for your help – expecting you to read my mind/know what I need.
- Try to make you feel guilty and/or using disapproval to try to get you to do what I prefer.
- Rarely asking you open ended questions and/or asking questions but not listening to the answer.
- Asking you what's wrong and then disagreeing with what you say is wrong, especially if it is something I did or said.
- Telling you what you should do when you didn't ask for my advice and/or getting angry at you for not doing something the way I do it.
- Making big decisions without talking it through with you and/or claiming to have told you things I know I didn't.
- Talking negatively about you to other family members and/or friends and/or having a negative attitude toward you.

Do you ever attempt to avoid the pain of shame in your marriage by controlling your spouse's perception of you? If so, in which of the following ways do you think you may attempt to control the perception of your spouse? Check all that apply and then share with your partner.

- Mind reading/Assuming
- Deception
- Interrupting/over talking
- Perfectionism/micro managing
- Activity overload
- Distraction
- Workaholism/busyness
- Manipulation/Managing
- Anger/Arguing/Criticism
- Avoidance
- Controlling Behaviors
- Telling spouse what to believe

Talk with your partner about what it was like to share this. What fears came up for you? What did you learn? What are some ideas so far that you want to try to defeat the shame you found happening in your marriage?

PART 2 – Let's talk about the good things happening in our marriage!

Finish each sentence out loud about your partner:

SAFE HAVEN – you help me feel safe by....

PRIORITY – I feel like your priority when you...

ADVENTURE – I get excited about taking risks with you when you...

TWO BEST FRIENDS – I enjoy your friendship most when you...

GOD EMPOWERED BOND – I see you depending on God for help in this marriage when you...

REGULARLY SEEN, KNOWN, LOVED & UNDERSTOOD – I feel most attached to you when you...

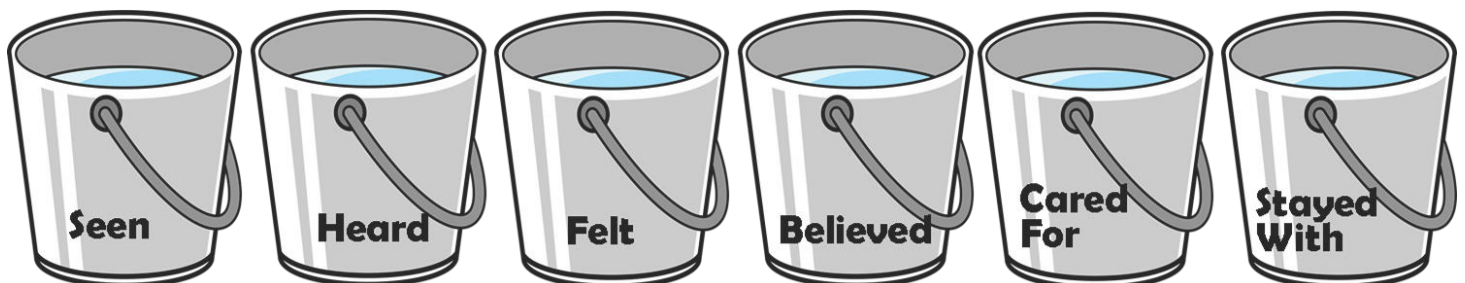
HOPE, JOY AND AWE INSPIRING GROWTH – I see you are growing when you...

TO THE GLORY OF GOD – I feel like our marriage glorifies God when we...

EXTRAORDINARY BENEFIT OF OTHERS – I feel like our marriage benefits others when we...

When I think about the following types of attachment, I think you do the best job with....

When I think about the following types of attachment, I would love for you to grow more in...



PART #3 – Let’s talk about how our families of origin have impacted our ability to have a shame-free marriage.

1. Do you ever feel like I prioritize my parents and/or their opinions and perspectives more than I work to consider, understand and try out your opinions and perspectives about things?
2. Do you ever feel like I know a great deal about myself and my story growing up as well as things about my family of origin but don’t know as much about you, your family of origin and/or your story growing up?
3. Does it feel like our family(s) of origin is/are still on the priority stage even though we are the ones struggling with young kids or trying to grow a career or save money? When do you think it will be time for our family(s) to support what we need and/or what we want to do with traditions, plans, holidays, etc.?
4. Do you ever feel like I look down on your family of origin? How does that feel to know or believe that?
5. Do you ever turn to your family of origin (parents/caregivers/mentors) because you don’t feel like you can turn to me to work something out?

HOMEWORK on your NEXT DATE NIGHT

In response to God’s questions for me, I want to be better at asking you some things and really listening to your response.

- a. Where are you at in our relationship? How do you think/feel we are doing?
- b. What do you dream of doing or being in our relationship?
- c. What are you looking forward to in our marriage?
- d. What are you working on in our marriage right now and how am I involved in that?
- e. What am I doing right now that helps you to feel safe?
- f. What is my importance in your life? Why do you need me? What do you love about me?
- g. What is something you are trying to improve/heal and who will you ask for help?
- h. Have you been crying without me knowing it? If so, when and why?
- i. Can you share with me something I’ve done for you that is meaningful to you?
- j. How do you want/need to be celebrated in our marriage?
- k. How can I work on being a better friend to you in our marriage?
- l. Do you feel we both love one another sacrificially or do you feel it is unbalanced? Describe.
- m. What is one thing I could work on in the next month that would mean a lot to you?
- n. When can we plan to meet again and ask these questions and listen to the responses again?

Resources to consider:

The Soul of Shame by Dr. Curt Thompson

The Other Half of Church by Michel Hendricks

Adult Children of Emotionally Immature Parents by Lindsay Gibson

Living Fearless by Jamie Winship

Healing Complex Trauma (C-PTSD) course with Tim Fletcher www.Timfletcher.ca

Not Ideal But We are Going With It – Kim’s Trauma Podcast with her daughter www.notideal.net

SAFE & SOUND Support group for trauma and addiction recovery: <https://westshorefree.org/safe-and-sound/>

West Shore Free Church Marriage Ministry: <https://westshorefree.org/adults/marriage-ministry/>

Alpha Course and Alpha Marriage: <https://westshorefree.org/alpha-marriage/>



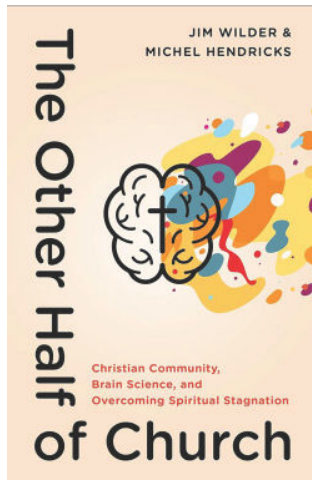
TRANSFORMED BY GRACE A BIBLICAL PERSPECTIVE ON SHAME IN MARRIAGE

Nate and Kim Winters



- We will have three -ten minute opportunities to talk to each other about our content.
- We will take one 15 minute break around 9:45am – we will end promptly at 11:00 am
- If you struggle with talking to one another that's okay, talk about what you can talk about but then email Nathan at nwinters@westshorefree.org after the session or fill out the form on the church website located here under the “RESTORE” section www.westshorefree.org/adults/marriage-ministry/ and/or talk to either one of us after the session. As humans we must feel it to heal it and then talk it to walk it!
- You should **NOT** participate in our seminar and/or our activities if...
 - You are currently experiencing any type of domestic violence.
- **INSTEAD** -Call the Domestic Violence Hotline at 1-800-852-2102
 - You are at risk of harming yourself or someone else.
 - **INSTEAD** -Call suicide hotline: 800-350-HELP or go to emergency room

RIGHT BRAINED EXPERIENCES CAN DEFEAT SHAME IN WAYS LEARNING ALONE CANNOT



“Character formation, which is a primary responsibility of the church, is governed by the right brain, not the left brain. If we want to grow and transform our character into the character of Jesus, we must involve activities that stimulate and develop the right brain.”

— Jim Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation*

OUTLINE FOR TODAY

Overview of the various ways shame impacts us in marriage.

Talking as Couples #1 -10 minutes

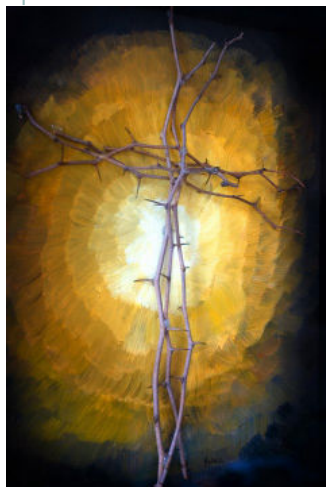
Biblical Definition of a Shame Free Marriage

Talking as Couples #2 -10 minutes

Family of origin and how that impacts your ability to have a shame free marriage.

Talking as Couples #3 – 10 minutes

WHAT IS THE BIG DEAL ABOUT SHAME?



Shame is something we all experience and something we all automatically fear.

Shame is the primary tool that evil leverages and it blocks growth in marriage.

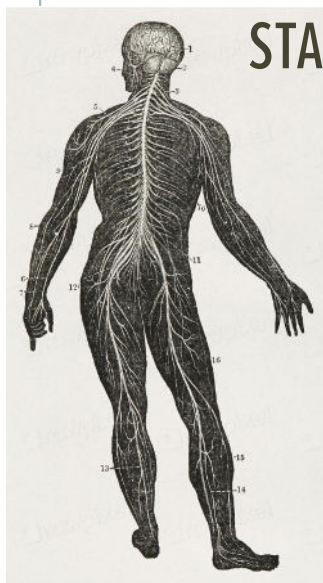
Trust is essential for unconditional love and shame drives out trust.

Unconditional love believes the best. Shame/blame looks for the worst.

Shame hides & attacks, love pursues and supports.

"...looking to Jesus, the founder and perfecter of our faith, Who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

INTERESTING FACTS ABOUT SHAME STAN TATKIN AND STEVEN PORGES



Shame is typically felt in the lower body/abdomen People report feeling rubbery legs, pain/sinking in the diaphragm It is often associated with shutting down/wanting to disappear/dissociation Shame is a deeply parasympathetic state – similar to depression The same system is activated that gets activated when you are cut open. You can actually faint/pass out from feeling enough toxic, deep shame. The experience of shame is best understood and regulated in childhood.

Eye contact, friendly/loving touch can help regulate responses to shame.

HOW TO GROW OR DEFEAT SHAME

To grow shame: use secrecy, silence/avoidance and judgmentalism
(blame/shame/advice)

YOU ARE TOO MUCH OR NOT ENOUGH – FIX YOURSELF OR ELSE!

To address shame: use vulnerability, empathy/pursuit, attachment, understanding

ME TOO – LET'S FACE IT TOGETHER

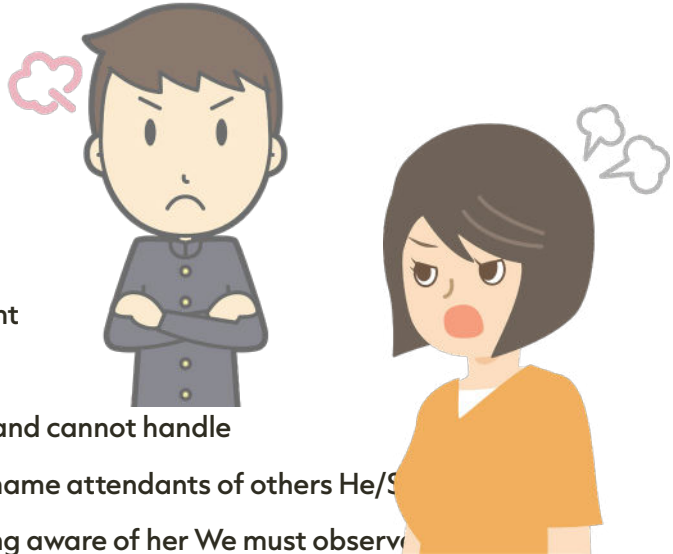
BOTTOM LINE: FAMILY OF ORIGIN AND/OR MARRIAGE WILL EITHER DEFEAT SHAME OR WILL INCREDIBLY INTENSIFY IT.

SHAME'S MESSAGE

I deserve to be abandoned and/or mistreated because I am...

- **NOT ENOUGH** – I don't meet expectations, I am an imposter, I am a failure. I am less valuable than others. I can't learn, grow, change. I am a loser. Nothing I ever do is good enough.
- **TOO MUCH**
 - I hurt/bother/annoy people. All my tries are silly, ridiculous, wrong. My dreams and goals are stupid. I scare and hurt people. I am a monster. Everything I do makes things worse.

THE SHAME ATTENDANT



We each have our own shame attendant

Ask yourself, what is his/her story?

She/He has low views of what you can and cannot handle

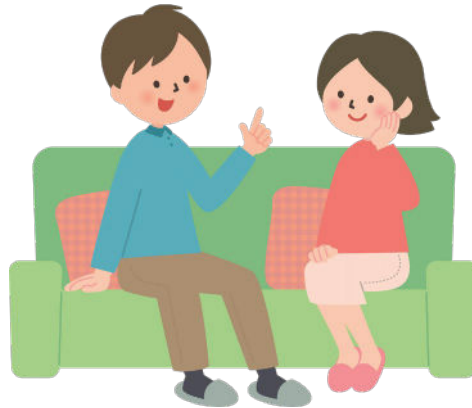
She/He can directly interact with the shame attendants of others He/S

does most of her work without you being aware of her We must observ

him/her and interact with him/her WITHOUT SHAME

LET'S TALK ABOUT IT PART #1

Where Do We See and Experience Shame In Our Relationship?



A BIBLICAL UNDERSTANDING OF A SHAME FREE MARRIAGE

GEN. 2:24, MATT. 19:4-6, HEB. 13:4, 1PET. 3:7, MARK 10:6-9

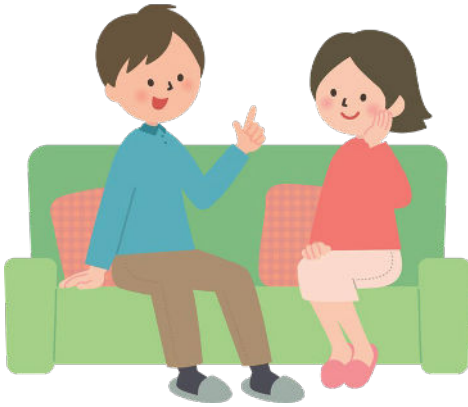
SECURE PERMANENT PRIORITIZED BOND BETWEEN MALE AND FEMALE – SAFE HAVEN
CLEAVING TO SPOUSE AND LEAVING FAMILY OF ORIGIN – ADVENTURE EQUAL VALUE
-NO SHAME/BLAME/JUDGMENT – UNDERSTANDING, HOPEFUL SAFE TO BE NAKED IN
EVERY WAY – SEEN, KNOWN, LOVED STRUCTURE FOR OTHERS TO GROW/THRIVE –
EXPONENTIAL JOY & GROWTH BETTER THAN BEING ALONE – BEST FRIEND
COMPANIONSHIP SACRIFICIAL ACTION/WORK FOR HEALTH OF BOND UNTIL DEATH –
INSPIRING RELATIONAL REPRESENTATION OF THE GOSPEL – GOD GLORIFYING
EMPOWERED AND PROTECTED BY GOD FOR GOD – RESPONSIBLE & EMPOWERED

BIBLICAL UNDERSTANDING OF A SHAME FREE MARRIAGE



A SAFE HAVEN PRIORITY ADVENTURE WHERE TWO BEST FRIENDS IN A GOD EMPOWERED BOND VOW TO INSIST BOTH ARE REGULARLY SEEN, KNOWN, LOVED & UNDERSTOOD IN WAYS THAT BRING HOPE, JOY AND AWE INSPIRING GROWTH TO EACHOTHER AND EVERYONE THEY KNOW, TO THE GLORY OF GOD AND TO THE EXTRAORDINARY BENEFIT OF OTHERS.

LET'S TALK ABOUT IT! PART #2 – WHAT ARE SOME OF THE GOOD THINGS WE SEE HAPPENING RIGHT NOW?



A SAFE HAVEN PRIORITY ADVENTURE WHERE TWO BEST FRIENDS IN A GOD EMPOWERED BOND VOW TO INSIST BOTH ARE REGULARLY SEEN, KNOWN, LOVED & UNDERSTOOD IN WAYS THAT BRING HOPE, JOY AND AWE INSPIRING GROWTH TO EACH OTHER AND EVERYONE THEY KNOW, TO THE GLORY OF GOD AND TO THE EXTRAORDINARY BENEFIT OF OTHERS.

FAMILY OF ORIGIN TRAUMA AND HOW IT IMPACTS YOUR DESIRE TO HAVE A SHAME FREE MARRIAGE

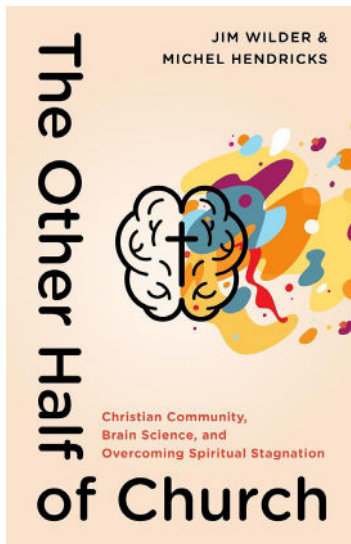
LEAVING AND CLEAVING

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed. (Gen. 2:24-25)

He answered, "Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate." (Matthew 19:4-6)

"Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the church." (Eph. 5:22-23)

I DON'T REMEMBER BEING ABUSED – HOW CAN I HAVE TRAUMA?



“Another culprit that leaks joy is unresolved trauma. From the brain’s perspective, trauma happens anytime we suffer alone. Suffering turns into trauma when we are unable to process our suffering with God and other people. Trauma is stored in our brain, in circuits of flesh, kind of like an armed mousetrap.”

— Jim Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation*

WHAT DOES IT MEAN TO LEAVE YOUR FAMILY OF ORIGIN AND CLEAVE TO YOUR SPOUSE SO THAT SHAME CAN'T WIN?

Investigate unhealthy patterns in your family of origin and redeem them in your nuclear family. Don't defend.

Take the priority – allow your family of origin to support you.

Transfer the benefit of the doubt from your caregiver(s) to your spouse.

Talk about boundaries around your nuclear family in relation to family of origin.

Nurture healthy need for your spouse and vice versa.

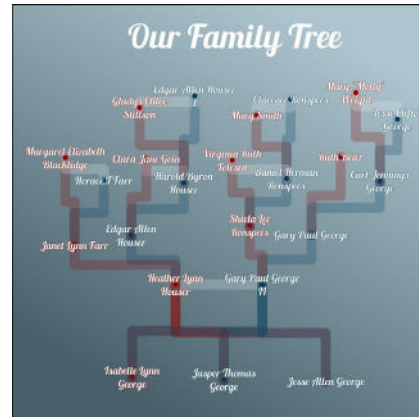
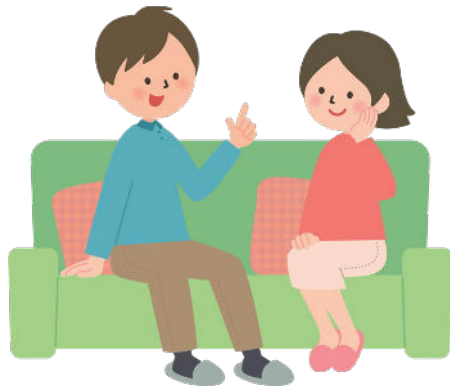
Hold your spouse accountable to prioritize you.

Allow your spouse to hold you accountable to prioritize him/her.

Be intentional about noticing concerning patterns but address them with joy, not fear.



LET'S TALK ABOUT IT! PART #3 – HOW DO OUR FAMILIES OF ORIGIN IMPACT OUR ABILITY TO HAVE A SHAME FREE MARRIAGE?



FINAL THOUGHTS FOR A SHAME-FREE MARRIAGE

Know your where shame lives in your marriage and talk about it!

Understand the damage unhealed/unprocessed shame can do and create a plan to change it.

Speak the truth in love (Eph. 4:15) and resist the urge to manage your partner's response to you.

Lean into the discomfort of vulnerability – you can only get better by trying and failing and trying again!

Leave and cleave for REAL (Matt. 19:4-6) – shift your allegiance to your partner/nuclear family.

Have a growth mindset for your marriage versus a fixed mindset. Stop accepting perfectionism!

Ask your spouse vulnerable questions you don't know the answer to every day.

Grow in your ability to listen without interrupting and also to respond vulnerably.

Refuse shame's message of powerlessness. Be empowered by God for your marriage.

Don't give in to self pity, hopelessness, or becoming the Holy Spirit for your partner.

Be faithful to your partner in every way (Mal. 2:14) – never stop learning how.

Be motivated by joy, despising shame (Heb. 12:2) – trust God TODAY to STOP using shame in any form.



NEXT DATE NIGHT IDEA. HERE ARE SOME OF THE VULNERABLE QUESTIONS GOD ASKS US

Where are you? (Genesis 3:1-13)

What is your name? (Genesis 32:22-32)

What are you looking for? (John 1:19-38)

What are you doing here? (1 Kings 19)

Who do you say that I am? (Mark 8:27-29)

Do you want to get well? (John 5:1-9)

Why are you crying? (John 20:11-18)

Do you understand what I have done for you? (John 13)

LET'S TALK!



VULNERABLE QUESTIONS CREATE CHARACTER BETTER THAN TELLING SOMEONE WHAT TO DO

“The right brain processes these questions: Who is happy to see me here? What do I feel right now? Is there anyone here who understands me? How do I act like myself right now? What do my people do in this situation? The answers to these questions drive our character development.”

— Jim Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation*

YOUR FEEDBACK HELPS US GROW!

Name (Optional)	
Email (Optional)	
What were you hoping to gain from being here today?	

YOUR FEEDBACK ABOUT THIS MARRIAGE ENRICH PROGRAM

What part of the program did you find most helpful?

--

What do you feel could be improved?

--

What topics would you like us to cover in the future?

--

--

Would you like for someone to follow up with you about your marriage?

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FILL OUT BELOW & RIP OFF AT DOTTED LINE & TURN IN DURING BREAK

What is your question for the speaker(s)?

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