

Transformation Series Part 3  
Shame Undone: A Leper's Path to Transformation  
Ryan White/Family Pastor — January 14, 2018  
Luke 5:12-14

“While Jesus was in one of the towns, a man came along who was covered with leprosy.<sup>[a]</sup> When he saw Jesus, he fell with his face to the ground and begged him, “Lord, if you are willing, you can make me clean.” Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” And immediately the leprosy left him. Then Jesus ordered him, “Don’t tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them” Luke 5:12-14

**Shame** – the distress and humiliation you feel when you catch a glimpse of yourself in the mirror, when you feel like you are falling short of expectations and the worst aspects of your story are the truest things about you.

### The Ingredients to Real, Lasting Transformation

1. Change the ***narratives*** by which you live your life.  
False narratives lead to ***bad*** outcomes.
2. Train your soul through ***exercise***  
We do what we ***can*** in order to enable us (or God) to do what we ***can't*** do directly.
3. Let the Holy Spirit guide you in everything, allowing God to demonstrate His ***power*** and ***leadership*** in your life in whatever way He sees fit.
4. Participate in ***community***.

