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The Importance Of & Lessons From Pushing & Pressing

Lesson 5: Pushing & Pressing Through Embarrassment, Humiliation



Tuesday, October 25, 2022

Online Bible Study

6:30 pm

Zoom Meeting ID 973 678 1217, Passcode 6781293

I. ANOTHER VERY HARD BIBLE STUDY LESSON FOR ME TO TEACH

II. UNDERSTANDING EMBARRASSMENT FROM A MENTAL HEALTH PERSPECTIVE

“Embarrassment or awkwardness is an emotional state that is associated with mild to severe levels of discomfort, and which is usually experienced when someone commits a socially unacceptable or frowned-upon act that is witnessed by or revealed to others.”

From Psychology Today

1. Frequently grouped with shame and guilt, embarrassment is considered a “self-conscious emotion,” and it can have a profoundly **negative** impact on a person’s thoughts or behavior. The embarrassed individual becomes conscious of a real **(or imagined) failure** to comply with social norms and fears **that others won’t view them as highly as a result**. The ensuing embarrassment may be accompanied by feelings of **awkwardness, exposure, shame, guilt, or regret**.
2. It’s notable that the inciting event may be either **positive or negative**. For example, someone may feel just as embarrassed by being called beautiful in front of a group of people as they are by forgetting someone’s name or falling in public.
3. A person can feel embarrassed for themselves or on behalf of someone else (if they are particularly empathic, or if they are secretly concerned that the other person’s supposed failings will also reflect negatively on them).
4. Embarrassment is a highly individual experience and is often intensified by the fear that everyone is watching **(and judging)** when most of the time, almost no one will even notice.
5. Practically everyone finds themselves in an awkward or humiliating situation at some point in their lives. The question is: How strongly does it affect them? Some people can shake off their embarrassment when they make a mistake or violate a social norm. Others who fear the disapproval of the group might be consumed by shame.
6. While embarrassment and shame are similar, there are some clear differences. Shame often carries moral overtones that embarrassment does not; it characterizes a sense of character failing rather than a loss of social status or image. Meanwhile, embarrassment colors the gap

between **how one wishes to be perceived and how one believes that others actually perceive them.**

7. It is possible to feel acute social pain in the wake of others' social blunders, regardless of whether the offending party is aware of their behavior or whether the behavior itself is deliberate or accidental. This is called "vicarious embarrassment." Vicarious embarrassment arises from our capacity for empathy.
8. The "vicarious spotlight effect" refers to the common phenomenon of being self-conscious about or embarrassed by a person with whom we are closely aligned in the eyes of others, such as a romantic partner or family member. People are more likely to be embarrassed by their partner, friend, or family member when the behavior is particularly negative, and when it occurs in front of strangers rather than trusted friends and family.
9. There's no evidence that people develop character per se after feeling humiliated, but there could be an upside: People who act embarrassed after committing a "bad act"—like knocking over a store display—are perceived as more likable than those who don't, regardless of whether or not anything is actually done to make amends for the mistake.
10. Embarrassment (not unlike shame) frequently occurs when you **worry too much about what others think of you.** One way to ease these fears is to focus less on yourself and more on others, trying to be kind and considerate. In addition, you can learn to develop "attentional control," so you can **focus on the positive instead of wallowing in embarrassment.**
 - a. Why this can be hard to do.
11. Like a wound that won't heal, extreme embarrassment can be a trigger for self-destructive behaviors and even suicidal thoughts and action. Men are especially vulnerable when they are suddenly confronted by proof that they are not as smart, powerful, or brave as they think they should be. The resulting shame and embarrassment can drive them to harmful acts.

Humiliation

"Humiliation is the abasement of pride, which creates mortification or leads to a state of being humbled or reduced to lowliness or submission. It is an

emotion felt by a person whose social status, either by force or willingly, has just decreased”

III. WAS ANYBODY EVER EMBARRASSED OR HUMILIATED IN THE BIBLE? TOO MANY EXAMPLES TO CITE!

- Adam & Eve – Genesis 2:25
- The servants of Eglon – Judges 3:12-30 (More personal details than you want to know!)

¹² Again the Israelites did evil in the eyes of the LORD, and because they did this evil the LORD gave Eglon king of Moab power over Israel. ¹³ Getting the Ammonites and Amalekites to join him, Eglon came and attacked Israel, and they took possession of the City of Palms. ¹⁴ The Israelites were subject to Eglon king of Moab for eighteen years. ¹⁵ Again the Israelites cried out to the LORD, and he gave them a deliverer—Ehud, a left-handed man, the son of Gera the Benjamite. The Israelites sent him with tribute to Eglon king of Moab. ¹⁶ Now Ehud had made a double-edged sword about a cubit long, which he strapped to his right thigh under his clothing. ¹⁷ He presented the tribute to Eglon king of Moab, who was a very fat man. ¹⁸ After Ehud had presented the tribute, he sent on their way those who had carried it. ¹⁹ But on reaching the stone images near Gilgal he himself went back to Eglon and said, “Your Majesty, I have a secret message for you.” The king said to his attendants, “Leave us!” And they all left. ²⁰ Ehud then approached him while he was sitting alone in the upper room of his palace and said, “I have a message from God for you.” As the king rose from his seat, ²¹ Ehud reached with his left hand, drew the sword from his right thigh and plunged it into the king’s belly. ²² Even the handle sank in after the blade, and his bowels discharged. Ehud did not pull the sword out, and the fat closed in over it. ²³ Then Ehud went out to the porch; he shut the doors of the upper room behind him and locked them. ²⁴ After he had gone, the servants came and found the doors of the upper room locked. They said, “He must be relieving himself in the inner room of the palace.” ²⁵ **They waited to the point of embarrassment**, but when he did not open the doors of the room, they took a key and unlocked them. There they saw their lord fallen to the floor, dead. ²⁶ While they waited, Ehud got away. He passed by the stone images and escaped to Seirah. ²⁷ When he arrived there, he blew a trumpet in the hill country of Ephraim, and the Israelites went down with him from the hills, with him leading them. ²⁸ “Follow me,” he ordered, “for the LORD has given Moab, your enemy, into your hands.” So they followed him down and took possession of the fords of the Jordan that led to Moab; they allowed no one to cross over. ²⁹ At that time they struck down about ten thousand Moabites, all vigorous and strong; not one escaped. ³⁰ That day Moab was made subject to Israel, and the land had peace for eighty years.

- David – 2 Samuel 19:1-8

Joab was told, “The king is weeping and mourning for Absalom.” 2 And for the whole army the victory that day was turned into mourning, because on that day the troops heard it said, “The king is grieving for his son.” 3 The men stole into the city that day as men steal in who are ashamed when they flee from battle. 4 The king covered his face and cried aloud, “O my son Absalom! O Absalom, my son, my son!” 5 Then Joab went into the house to the king and said, “Today you have humiliated all your men, who have just saved your life and the lives of your sons and daughters and the lives of your wives and concubines. 6 You love those who hate you and hate those who love you. You have made it clear today that the commanders and their men mean nothing to you. I see that you would be pleased if Absalom were alive today and all of us were dead. 7 Now go out and encourage your men. I swear by the Lord that if you don’t go out, not a man will be left with you by nightfall. This will be worse for you than all the calamities that have come on you from your youth till now.” 8 So the king got up and took his seat in the gateway. When the men were told, “The king is sitting in the gateway,” they all came before him. Meanwhile, the Israelites had fled to their homes.

- Ezra – Ezra 9:1-7

After these things had been done, the leaders came to me and said, “The people of Israel, including the priests and the Levites, have not kept themselves separate from the neighboring peoples with their detestable practices, like those of the Canaanites, Hittites, Perizzites, Jebusites, Ammonites, Moabites, Egyptians and Amorites. 2 They have taken some of their daughters as wives for themselves and their sons, and have mingled the holy race with the peoples around them. And the leaders and officials have led the way in this unfaithfulness.” 3 When I heard this, I tore my tunic and cloak, pulled hair from my head and beard and sat down appalled. 4 Then everyone who trembled at the words of the God of Israel gathered around me because of this unfaithfulness of the exiles. And I sat there appalled until the evening sacrifice. 5 Then, at the evening sacrifice, I rose from my self-abasement, with my tunic and cloak torn, and fell on my knees with my hands spread out to the LORD my God 6 and prayed: “I am too ashamed and disgraced, my God, to lift up my face to you, because our sins are higher than our heads and our guilt has reached to the heavens. 7 From the days of our ancestors until now, our guilt has been great. Because of our sins, we and our kings and our priests have been subjected to the sword and captivity, to pillage and humiliation at the hand of foreign kings, as it is today.

- Ezekiel

“Now, son of man, take a block of clay, put it in front of you and draw the city of Jerusalem on it. 2 Then lay siege to it: Erect siege works against it, build a ramp up to it, set up camps

against it and put battering rams around it. ³ Then take an iron pan, place it as an iron wall between you and the city and turn your face toward it. It will be under siege, and you shall besiege it. This will be a sign to the people of Israel. ⁴ "Then lie on your left side and put the sin of the people of Israel upon yourself.^[a] You are to bear their sin for the number of days you lie on your side. ⁵ I have assigned you the same number of days as the years of their sin. So for 390 days you will bear the sin of the people of Israel. ⁶ "After you have finished this, lie down again, this time on your right side, and bear the sin of the people of Judah. I have assigned you 40 days, a day for each year. ⁷ Turn your face toward the siege of Jerusalem and with bared arm prophesy against her. ⁸ I will tie you up with ropes so that you cannot turn from one side to the other until you have finished the days of your siege. ⁹ "Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side. ¹⁰ Weigh out twenty shekels^[b] of food to eat each day and eat it at set times. ¹¹ Also measure out a sixth of a hin^[c] of water and drink it at set times. ¹² Eat the food as you would a loaf of barley bread; bake it in the sight of the people, using human excrement for fuel." ¹³ The LORD said, "In this way the people of Israel will eat defiled food among the nations where I will drive them." ¹⁴ Then I said, "Not so, Sovereign LORD! I have never defiled myself. From my youth until now I have never eaten anything found dead or torn by wild animals. No impure meat has ever entered my mouth." ¹⁵ "Very well," he said, "I will let you bake your bread over cow dung instead of human excrement." ¹⁶ He then said to me: "Son of man, I am about to cut off the food supply in Jerusalem. The people will eat rationed food in anxiety and drink rationed water in despair, ¹⁷ for food and water will be scarce. They will be appalled at the sight of each other and will waste away because of^[d] their sin.

- Jeremiah
- Luke 14:1-14

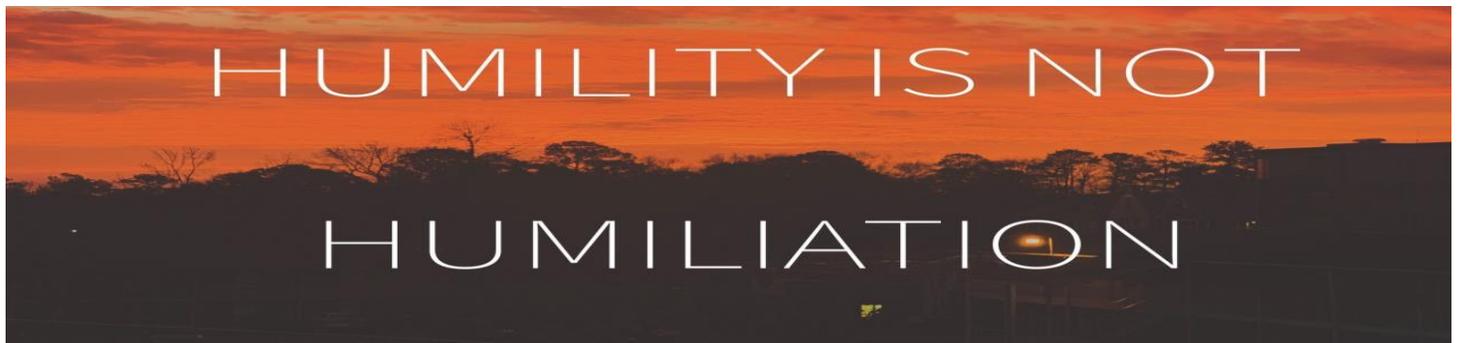
One Sabbath, when Jesus went to eat in the house of a prominent Pharisee, he was being carefully watched. ² **There in front of him was a man suffering from abnormal swelling of his body.** ³ Jesus asked the Pharisees and experts in the law, "Is it lawful to heal on the Sabbath or not?" ⁴ But they remained silent. So taking hold of the man, he healed him and sent him on his way. ⁵ Then he asked them, "If one of you has a child^[a] or an ox that falls into a well on the Sabbath day, will you not immediately pull it out?" ⁶ And they had nothing to say. ⁷ **When he noticed how the guests picked the places of honor at the table, he told them this parable:** ⁸ **"When someone invites you to a wedding feast, do not take the place of honor, for a person more distinguished than you may have been invited. ⁹ If so, the host who invited both of you will come and say to you, 'Give this person your seat.' Then, humiliated, you will have to take the least important place. ¹⁰ But when**

you are invited, take the lowest place, so that when your host comes, he will say to you, 'Friend, move up to a better place.' Then you will be honored in the presence of all the other guests. ¹¹ For all those who exalt themselves will be humbled, and those who humble themselves will be exalted." ¹² Then Jesus said to his host, "When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. ¹³ But when you give a banquet, invite the poor, the crippled, the lame, the blind, ¹⁴ and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous."

- Jesus Christ!

IV. THE DIFFERENCE BETWEEN HUMILIATION AND HUMILITY?

“Humiliation is different from humility just as starvation is different from fasting - humiliation is imposed and painful (often by others), whereas humility is chosen and purposeful.”



IV. HOW DO WE PUSH AND PRESS THROUGH IF WE ARE THE ONE WHO HAS BEEN EMBARRASSED OR HUMILIATED?

Robert Sternberg's 10 Tips for Dealing with Humiliation

1. **Realize that you are not alone.** “If you can find people who have had a similar crisis to your own, talk to them.”
2. **You have to be resilient, not just smart.** Sometimes what separates successful people from those who fail is not talent, but the willingness to keep coming back after terrible setbacks, rather than giving up.
3. **Most of the time, it's nothing personal.** Success is often about a fit between you and a particular place or situation. If you don't fit, don't take it personally—just move on to a better fit.
4. **Learn from the experience.**
5. **Seek out a support network to help you move on.**
6. **Use any downtime you have to do something you really enjoy.**
7. **Think twice before striking back.** “Your cause may be just. But the more relevant question is whether plotting your revenge is the best use of your time, energy, reputation, and likely, money. Wouldn't it be wiser to focus on plotting a new future for yourself?”
8. **Don't hide.** “You need to affirm for people, and perhaps for yourself, who you are and what you stand for. And you need to show people that the crisis has not destroyed you.”
9. **View the crisis as an opportunity.** For example, use it as an opportunity to pursue something you love.
10. **Move on.** Don't wallow in your humiliation. Plan for the future.

V. NEXT WEEK: PUSHING & PRESSING THROUGH FEAR