

# Breaking Chains 1:

Name the Chain. Break the Shame.

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**Key Scriptures** (NIV): Genesis 2:25, Genesis 3:7-10, John 8:31-36, 2 Timothy 1:16

**Big Idea:** You cannot heal what you are ashamed to name.

Freedom begins when shame loses its power.

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Welcome to Redemption Church in Plano, Texas.

My name is Chris Fluitt, and I am so glad you are here, in person and online.

Our heart as a church is simple: we exist to help people find and follow Jesus, wherever you are on your journey.

Today we are starting a brand new series called:

**Breaking Chains: Freedom Without Shame.**

If you feel stuck, tired, or unsure what's next... I have good news for you!

You are not alone.

You are in the right place.

You are in a NO SHAME zone.

Before we get into today's message, here's where we're headed this month. No mystery, no guessing.

## SERIES DIRECTION

- Feb 8 - Super Bowl Party + Halftime Worship

Community on purpose. Invite people who would never come to a normal church service.

- Feb 15 - Lies That Lock Us In

It's impossible to LIVE different if you don't BELIEVE different.

- Feb 22 - Becoming Free + Helping Others Break Free

Freedom that lasts. Freedom that multiplies.

That's our direction.

Mark you calendar. Make plans. Invite your friends!

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## BREAKING CHAINS GUIDE

Alongside this series, we created a short Freedom Without Shame guide.

It's science-informed and Scripture-aligned.

It walks through things like:

- Why willpower alone usually fails
- How the brain learns patterns and chains
- Why shame makes change harder, not easier
- Why environment, identity, and community matter so much

You'll see a QR code on the screen.

Download the guide.

Take 10 minutes with it this week.

Share it with others.

We do not just want you inspired on Sunday.

We want you equipped for real change.

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Let's get into today's message.

We're calling today:

**Name the Chain. Break the Shame.**

Everyone has a chain.

Everyone knows shame.

Most people carry both in silence.

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I want to start by saying this: I know what it is like to have chains and shame.

I've fought several addictions in my life.

And I'm not telling you that for shock value.  
I'm telling you that because I get it.

Fighting habits takes a lot of energy and focus.

You can white-knuckle it for a while. You can make promises. You can try harder.

But fighting shame is different.

Shame doesn't just say, "You did something wrong."

Shame says, "There's something wrong with you."

And once shame gets its hooks in, it pushes you into hiding.

It convinces you to stay quiet.

It tells you you're the only one.

It tells you if people really knew, they'd walk away.

And sometimes it even tells you God is done with you.

And as long as shame stays in control,  
chains stay in place.

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Let's be real.

Most of us are not cruising through life.  
We're coping.

### Get Real Stats

- 74% of American adults started the year trying to change at least one habit. Most people want to change something.
- Psychologists estimate about 45% of our daily behavior is habitual. Almost half of what we do runs on autopilot. Habits run our life!
- National health data shows 1 in 6 people have a substance use disorder.
- The majority of people experience shame around their struggles and

failures. Shame is one of the main reasons people hide instead of ask for help.

- Confession and communication bring positive effects in the majority of cases. People who honestly talk or write about painful experiences often see measurable improvements compared to people who keep everything inside.

Now, it's easy to hear those numbers and think,

“Yeah, that's the world out there. But we're Christians. We're different.”

But being in church does not erase this struggle.

Followers of Jesus wrestle with habits, addictions, and shame too.

So this is not just a “them” problem. It's an “us” problem.

Whether it's obvious or hidden, each of us is dealing with a chain and a shame.

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Does God have anything to say about this subject of chains and shame?

## 1. God's original design - no shame

"Adam and his wife were both naked, and they felt no shame." (Genesis 2:25)

That was God's design. God created the world and called it GOOD.

Adam and Eve were...

Fully seen. Fully known. Fully loved.

No hiding. No fear. No shame.

Shame was not part of God's original plan.

What changed?

## 2. When sin enters, shame follows. (Genesis 3)

The serpent deceives.

Adam and Eve disobey.

And immediately everything shifts.

Genesis 3:7-10 shows the pattern:

- Their eyes are opened
- They realize they are naked
- They sew fig leaves together to cover themselves
- They hide from God

When God calls out, Adam says:

“I heard you in the garden, and I was afraid because I was naked; so I hid.” (Genesis 3:10)

Sin didn't just break rules.

Sin broke relationship.

And shame was the immediate result.

Here's the cycle:

Sin leads to shame.

Shame leads to hiding.

Hiding strengthens chains.

And if the enemy can keep you hiding, he can keep you stuck.

Fast forward to Jesus in John 8.

3. Jesus names chains without shaming people

“Everyone who sins is a slave to sin...

So if the Son sets you free, you will be free indeed.” (John 8:31-36)

Jesus does not minimize the chain.

He names it: slavery.

But He does not shame the person wearing the chain.

He acknowledges the bondage, then offers freedom.

Because Jesus knows something we forget:

Freedom begins with honesty, not pretending.

Throughout the Gospels we see this NO SHAME pattern:

### No Shame Pattern

- Jesus touches the unclean
- He eats with sinners
- He defends the woman caught in adultery
- He restores dignity before He corrects behavior

Jesus never shamed broken people.

He exposed lies so people could be healed.

And on the cross, Jesus carries our shame.

Shame didn't come from Jesus.

Freedom did.

4. When people are ashamed, they distance themselves

“May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.” (2 Timothy 1:16)

In 2 Timothy 1:16, Paul talks about a man named Onesiphorus. Look at Paul’s description of Onesiphorus... He often refreshed me and was NOT ASHAMED OF MY CHAINS.

That line matters because it implies something else was happening too.

Paul was in jail for “the crime” of telling others about Jesus... Some people were ashamed of Paul’s chains.

Some people stayed away.

Some people looked the other way.

Some people did not want to be associated with him.

But Onesiphorus was different.

He didn't pretend the chains weren't there.

He didn't ghost Paul.

He didn't say, "Call me when you're doing better."

He showed up.

No embarrassment.

No distancing.

No avoiding.

That is a picture of gospel culture.

Not shocked.

Not judgmental.

Not stepping back.

Present.

Loving.

Honest.

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So let me ask you gently but honestly:

What is the chain you have been hiding in shame?

Maybe it's:

- porn you keep going back to and swearing you're done with
- the drinking you keep justifying
- the weed you keep minimizing
- the gambling you keep hiding
- the anger you can't control
- the scrolling you can't stop
- the spending you keep covering up
- the secret you hope no one finds out
- the pattern you promised you'd never repeat
- the lie you keep believing about yourself or about God

“Why do you have to make it awkward Pastor? Naming all of these things is awkward.”

Here's the truth:

You cannot heal what you are ashamed to name.

Freedom doesn't begin when you try harder.

Freedom begins when you stop hiding.

That does not mean you tell everyone everything.

It means you refuse to carry it alone.

Maybe your first step is to write it down.

Maybe it's to say it to God in a raw, honest prayer.

Maybe it's to share it with a trusted friend, a leader, or a Connect Group.

Hiding is not the path to freedom.

Confession and Communication is the path.

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THE CULTURE WE ARE BUILDING

This is a shame-free place.

This is the kind of church we're committed to being.

We are not ashamed of your chain.

We are not here to label you.

We are not here to gossip about you.

We are not here to keep you at a distance until you look put together.

You don't have to be fixed to belong.

You don't have to clean up before you show up.

You don't have to pretend to be okay.

At Redemption, we believe:

Honesty is the doorway to healing.

So here's what we practice:

- We create safe places to be real in Connect Groups
- We pray with people, not at people
- We tell the truth with grace

- We walk with people step by step, not shame them for still being in process

Chains lose their power when they are named in the presence of grace.

We're not here to expose people.

We're here to help people experience freedom in Jesus.

Who is ready to be free?

Who is ready to be a part of a SHAME FREE and POWERFUL church?

Who is ready to be prayed for by people who do not judge them?

Who is ready to pray freedom over someone else?

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## 3 Shame Free Actions

### 1. Name the chain

In prayer or in writing, name what you've been hiding. Call it what it is, not what you wish it was.

## 2. Break the silence

Tell one safe person. A leader, a trusted friend, a spouse, a group. Refuse to carry this alone.

## 3. Step into freedom

In a moment we're going to worship.

And while we worship, I want to invite you to do something brave.

Come for prayer.

Not because you're the worst.

Because you're done hiding.

We believe Jesus still frees people.

We believe chains still break.

We believe the Holy Spirit still transforms hearts.

So during worship, our prayer team will be ready.

Isolation strengthens chains.

Community weakens shame.

Jesus brings real freedom.