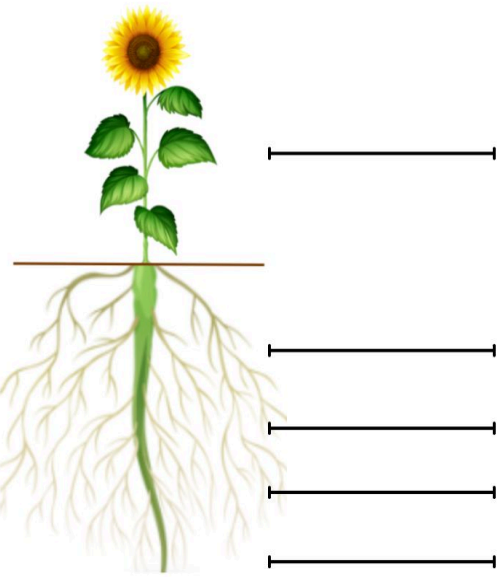
Freedom From Shame

"A person will only be as healthy as they feel worthy of."
— Dr. Gabrielle Lyon

1. Replace Lies With Truth



Before you ever feel shame, you *think* something shameful about yourself.

Shame keeps us stuck—not because we don't want to change, but because shame convinces us we *can't* change.

2 Corinthians 10:5: *"we take captive every _____ to make it obedient to Christ."*

Shame loses its power the moment you name the lie and replace it with God's truth.

Lie that is behind your shame:

Truth from God:

2. Know your True Identity

The only way to know a lie is to be so grounded in the Truth

“Self-Rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the “Beloved”’ Abba’s Child

Common Lies About Identity:

I am what I _____

I am who _____

“As long as I am plagued by doubts about my self-worth, I keep looking for gratification from people around me and yield too quickly to any type of pain. But when I can slowly detach myself from this need for human affirmation and discover that it is in relationship with Jesus that I find my true self, an unconditional surrender to him becomes not only possible but even the only desire and pain inflicted by people will not touch me in the center.” (Henri J.M. Nouwen)

3. Forgive

Forgive the person who harmed you

Marianne Williamson: "Unforgiveness is like drinking poison yourself and waiting for the other person to die"

Matthew 6:14-15: *“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

"If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility" Henry Wadsworth Longfellow and completes as:

Forgive yourself

“I don’t mean to say I am perfect. I haven’t learned all I should even yet, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be.” Philippians 3:12

What is your biggest takeaway from this session?