

SEASON 3



Truth with Handles

the conversation

REFLECTION GUIDE

Episode 4: Battling Shame



walking with purpose

Episode 4: Battling Shame

"All have sinned and fall short of the glory of God" (Romans 3:23). When we experience guilt, it calls us to repentance so that we can be reunited with the Lord. Shame, however, is different. Shame tells us that we are unworthy of being forgiven and prevents us from seeing ourselves as God sees us. Guilt says *I did something wrong*. Shame says *there's something wrong with me*. But Jesus came to set us free. Romans 5:8 says, "While we were yet sinners Christ died for us."

Key Verse: "And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man, and said to him, 'Where are you?' And he said, 'I heard the sound of thee in the garden, and I was afraid, because I was naked; and I hid myself.' He said, 'Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?' The man said, 'The woman whom thou gavest to be with me, she gave me fruit of the tree, and I ate'" (Genesis 3:8-12).

1. What the enemy did _____, he does _____.

Do you understand the difference between guilt and shame? Have you ever experienced guilt that caused you to repent and make better choices? What has your experience with shame been? Take a moment to reflect.

2. The enemy is patient and will wait until he has convinced us that what he has to offer is better than what God has to offer. It is then, in our fall, choosing to go with what he is offering, that he makes a bait and switch and begins to tell us that we are bad. Have you ever experienced this? What is it that you wanted? How did you fall? How did you feel after?

3. How does the shame you experience cause you to hide from others?

Shame stems from what _____ or _____.

We don't make _____ when we experience shame.

The way to break the cycle of shame is to _____.

4. Dr. Brene Brown says that we need three things for shame _____
_____, _____.¹

¹ Brene Brown, "Listening to Shame," Ted Talks, 20.39, 2012, https://www.ted.com/talks/brene_brown_listening_to_shame?language=en.

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5. Take a moment to consider what would be different in your life if you refused to hide. Suppose you refuse to stay stuck in shame through secrecy, silence, and judgment. What would change in your life? Would it make it better or worse?

6. Shame always attacks _____.

Jesus wants so much to carry your shame. Write a prayer to Him confessing your shame and your fears. Ask Him to give you the faith that He is good and He can set you free. Then surrender your shame and thank Him for setting you free.

How might God want to use your shame to become a door of hope for someone else?

7. God responds to Adam and Eve's sin by _____ and _____.

Notes:

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Walking with Purpose
15 E. Putnam Avenue
Greenwich, CT 06830

www.walkingwithpurpose.com