

Developing Shame Resilience

February 24, 2019

① Self-Awareness – Discern your shame _____ and responses. Proverbs 14:8; 15:14; 18:15; Psalm 119:59; 1 Timothy 4:16; 2 Corinthians 13:5

✧ Physically, where in my _____ am I feeling shame?

✧ Emotionally, what _____ am I feeling?

✧ Mentally, what are the shame _____ telling me?

✧ Socially, how am I _____ to shame?

② Find & Replace – Find the _____ and replace it with God's _____!

♥ I am a delightful creation, because God made me _____ good! Genesis 1:31; Psalm 139:14

♥ I experience God's presence, because the Holy Spirit lives _____ me! 1 Corinthians 6:19

♥ I have a significant identity, because the Lord calls me by _____! Isaiah 43:1 (ESV)

♥ I feel a welcome acceptance, because I _____ to Jesus! John 10:28-29

♥ I am gladly included, because I have been declared _____! Acts 10:15; Isaiah 1:18

♥ I am deeply loved by God, and he is _____ with me! Luke 3:22

God thinks of me as a person of _____ and I need to agree with him!

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