

SHOWING SHAME THE DOOR

Do you tend to dismiss small or silly things, even when they trigger shame in you? How can you invite Jesus into that moment or memory?

Have you noticed any automatic thoughts that send you down a shame spiral? What strategies do you have to interrupt that tape?

How has shame informed your identity?
Would you be willing to share one example with us?

What moves you most about God's response to our shame? Choose one Scripture to pray with: John 13:38, Psalm 34:5, John 14:1, and/or John 21:15-18.