

BREAKING THE SHAME HABIT

Have you ever broken a habit you thought you thought you could never be free of? How did you do it? What helped?

In what ways have you been known to judge yourself? How long have you carried this shame?

Jesus' yoke is light and easy. Shame is heavy and difficult. Practically speaking, what would your life look like if the weight of shame was finally lifted from your shoulders? How do you think your day-to-day life would improve?

The Armor of God keeps us safe and rooted in our identity as daughters of God. Pray through those scriptures right now and see your shame defeated.
(Ephesians 6:13-17)