

The background is a complex abstract composition. It features large, fluid, swirling shapes in vibrant colors like magenta, yellow, and blue, set against a backdrop of sharp, angular, light gray geometric patterns. The overall effect is dynamic and energetic.

PART 3

THE FREEDOM OF GOD'S GRACE UNASHAMED!

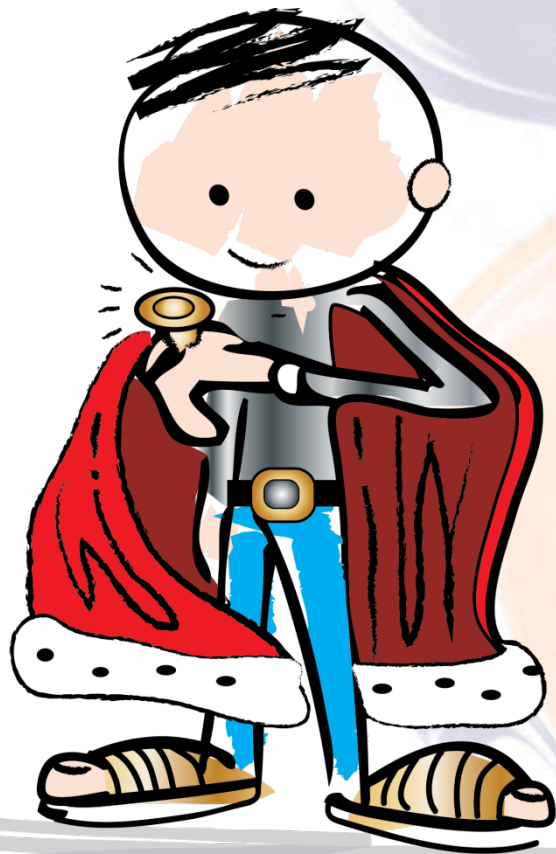


PRAYER

Dear Father, I confess that there are times when I have felt unworthy and not good enough to be in Your presence. But I choose to believe the truth that in Christ you make me completely clean and brand new. Please heal any wounds in my heart that would keep me distant from You. Thank you I no longer have to hide behind masks. Thank You. In the Holy name of Jesus. Amen.

2 Cor 5:21 New Living Translation

“For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.”



The background of the slide features abstract, swirling patterns in shades of blue, yellow, orange, and red, creating a dynamic and artistic feel. The text is contained within a white rectangular box with a thin orange border.

Guilt is a product of what we **do:**

“I **did something wrong. I made a mistake.”**

Shame is about who we **are:**

“There’s something wrong with me. I **am the mistake.”**

Wellbeing Group Resources on Shame

<https://youtu.be/7uCDpzxB-Wo> - Kintsugi Hope

https://youtu.be/irSC4-j_NjY - Guilty dog trash

<https://youtu.be/PTXWVKhcXRI> - The problem of shame

<https://youtu.be/psN1DORYYV0> - Listening to shame
(Brené Brown 20 minutes)



Mark 1:40





Where does shame come from?



From being
brought up in a
shame-based
culture

Where does shame come from?



From things we
have done

Where does shame come from?

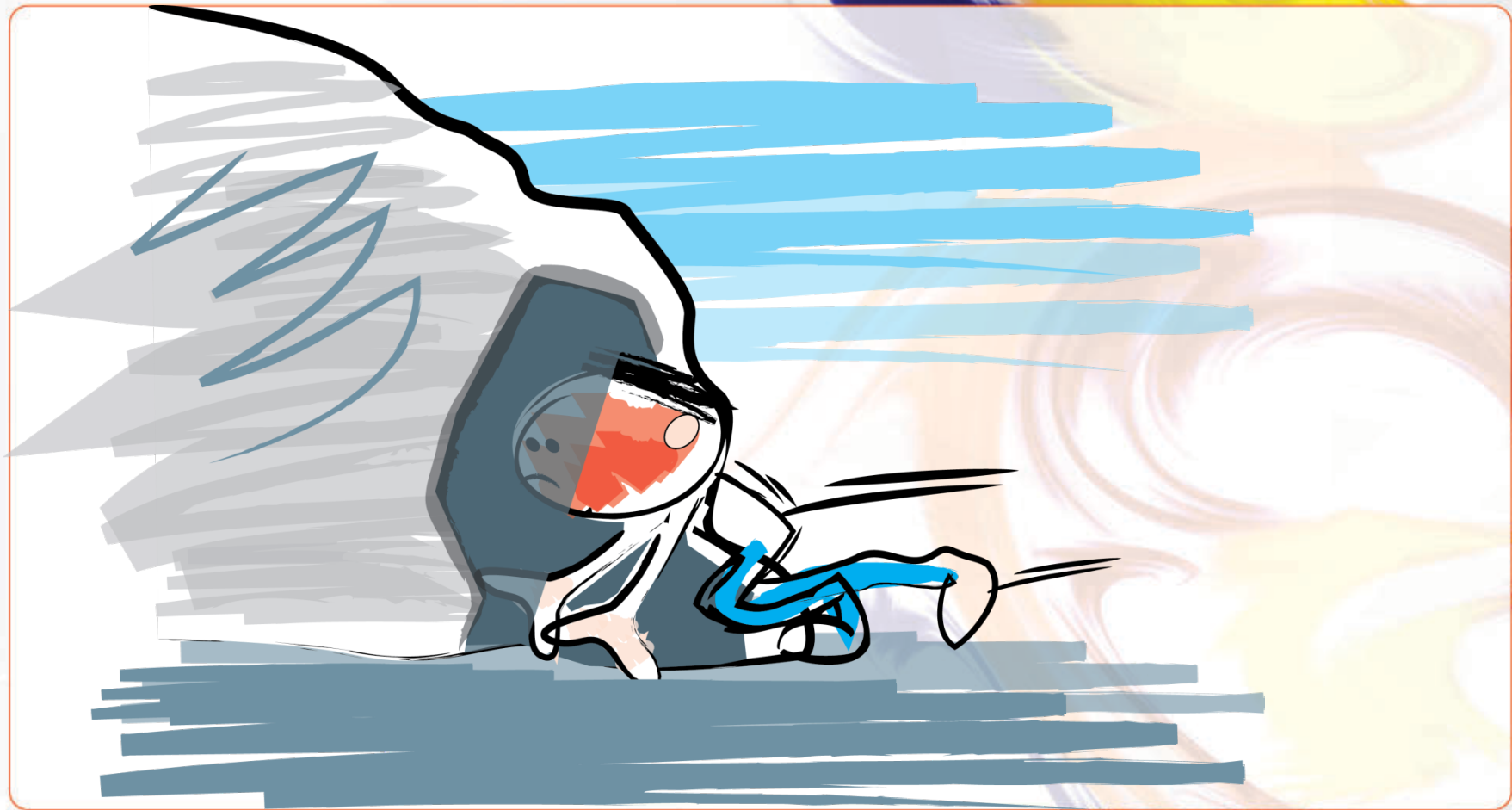


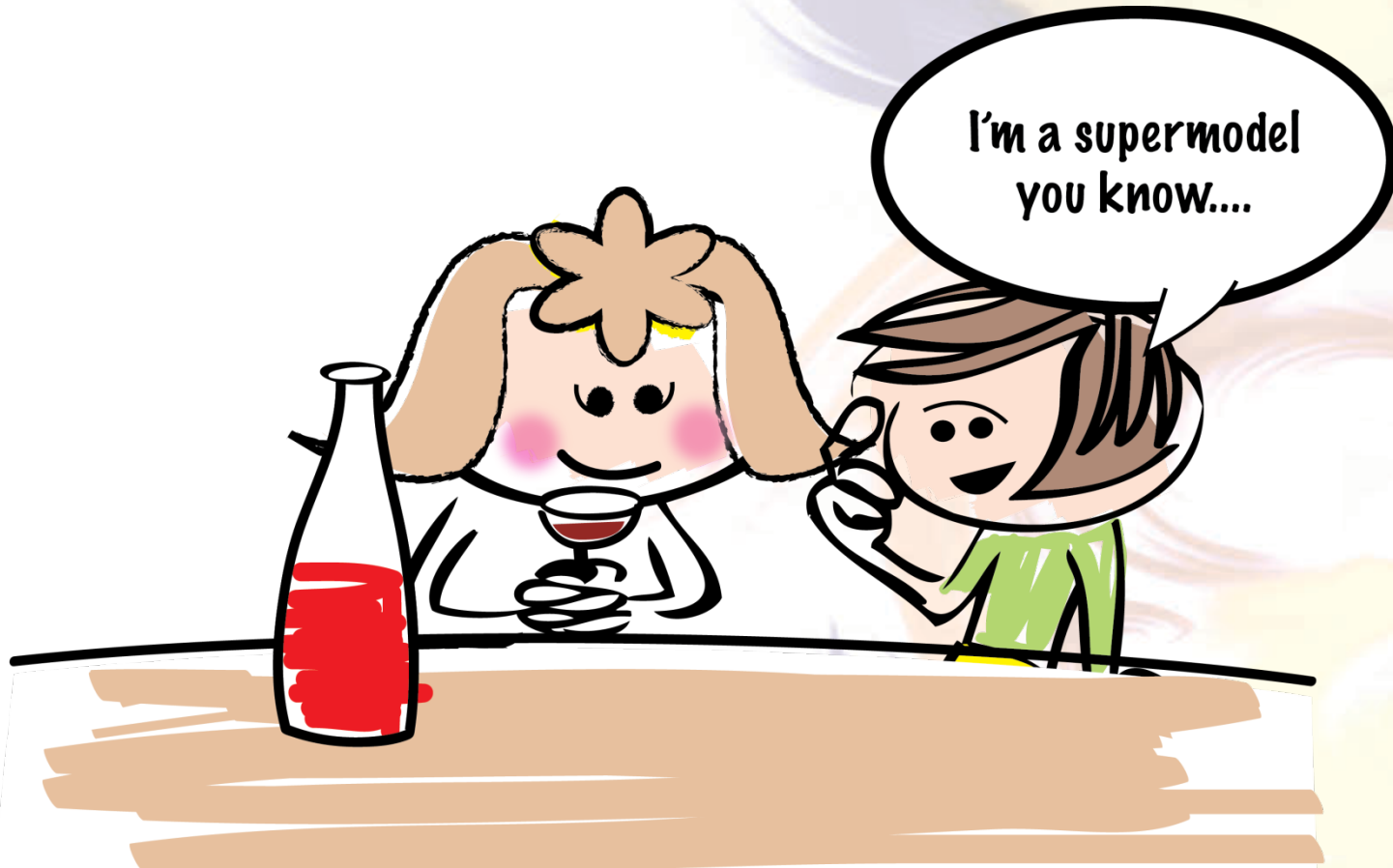
From things
others have
done to us

Where does shame come from?



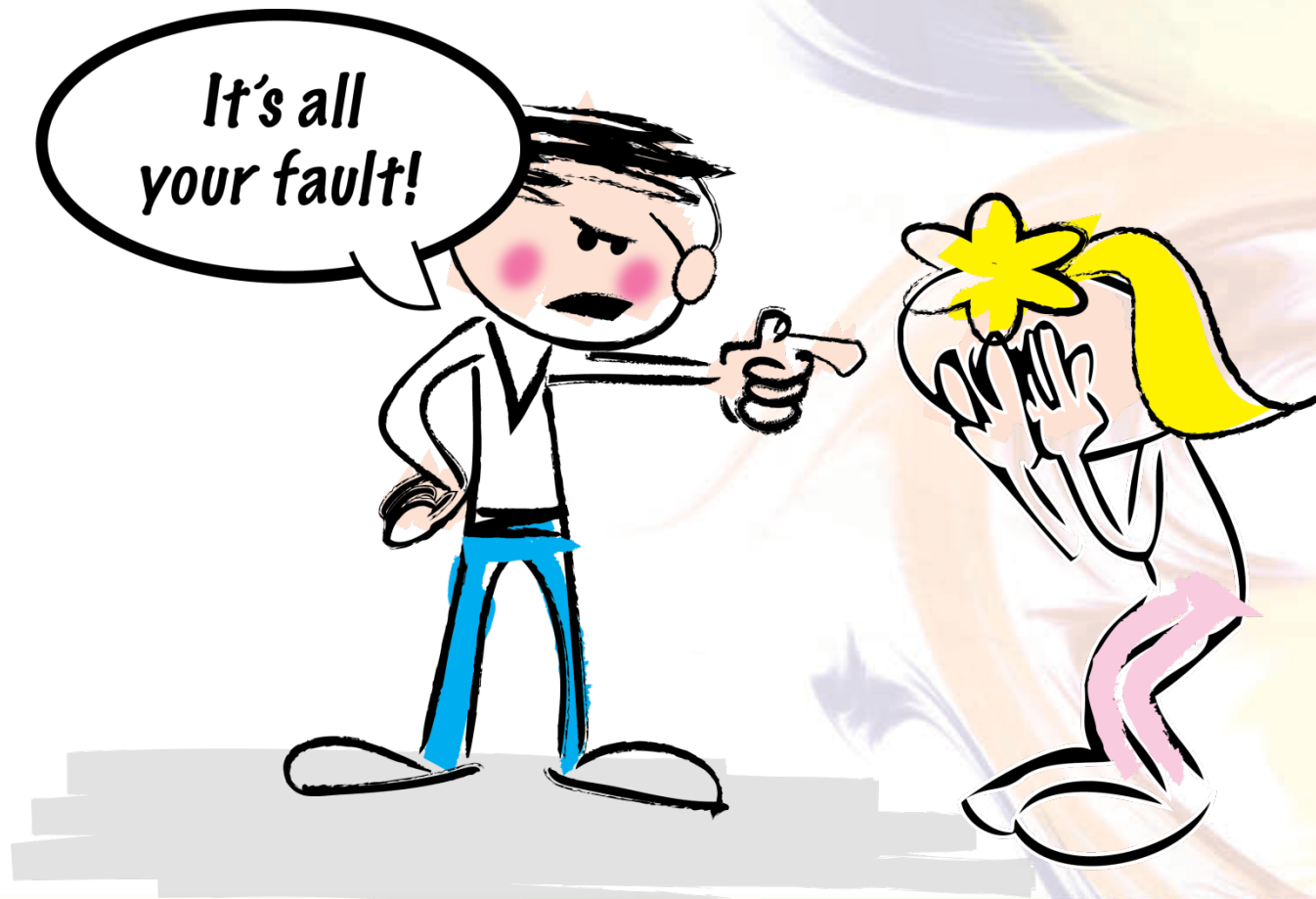
From believing
wrong
messages







*It's all
your fault!*





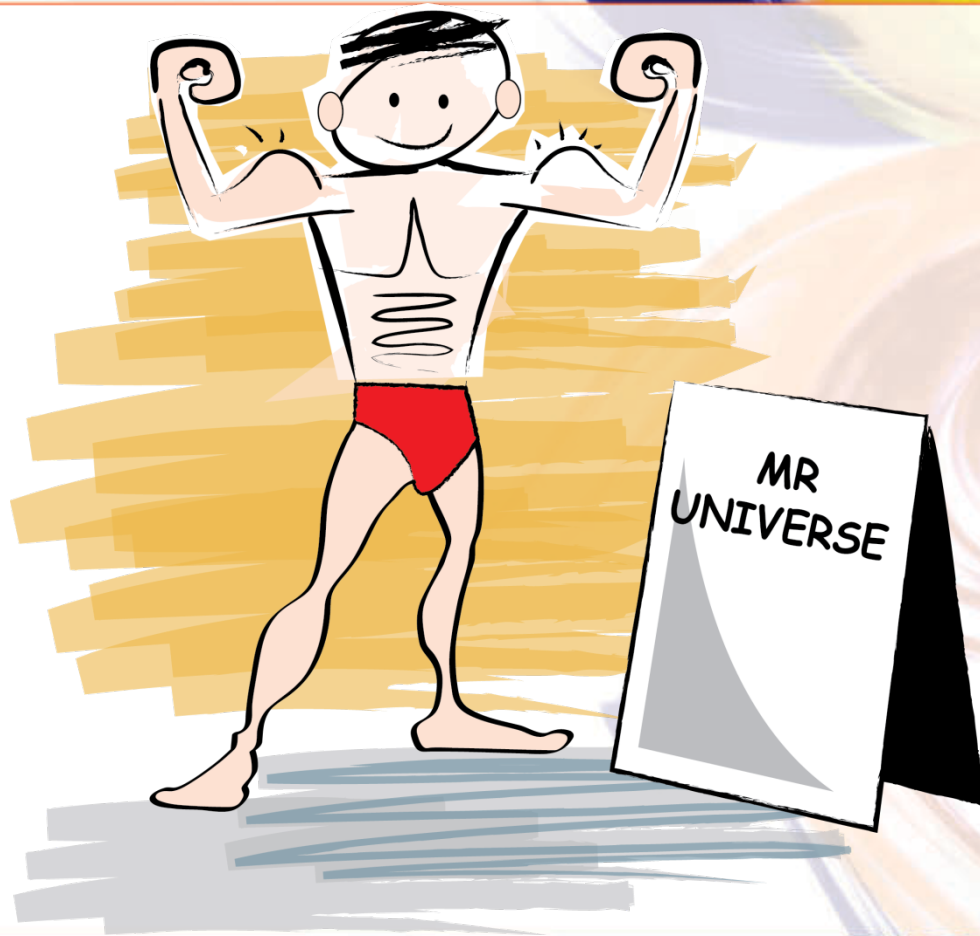




A cartoon illustration within a red-bordered frame. On the left, a woman with blonde hair, wearing a white shirt and a purple skirt, sits on a grey staircase, looking down with a sad expression. On the right, a man with dark hair, wearing a yellow shirt and brown pants, stands and points his right index finger at her. A speech bubble from the man contains the text "YOU ARE HOPELESS!!!!". The background features abstract, swirling colors of yellow, orange, and red.

**YOU ARE
HOPELESS!!!!**





The “less mess”

Shame makes us feel:

- Helpless
- Worthless
- Meaningless
- Powerless
- Hopeless

GOD'S REMEDY FOR SHAME – THE GREAT EXCHANGE

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

2 Corinthians 5:21



2 Corinthians 5:17 The Message Version

“Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life emerges! Look at it! All this comes from the God who settled the relationship between us and him”

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Hebrews 10:19-22 The Message Version

“So, friends, we can now—without hesitation—walk right up to God, into “the Holy Place.” Jesus has cleared the way by the blood of his sacrifice, acting as our priest before God. The “curtain” into God’s presence is his body. So let’s do it—full of belief, confident that we’re presentable inside and out”

Isaiah 62:2-4

And you will be given a new name
by the Lord's own mouth.

The Lord will hold you in his hand for all to see—
a splendid crown in the hand of God.

Never again will you be called "The Forsaken City"
or "The Desolate Land."

Your new name will be "The City of God's Delight"
and "The Bride of God,"
for the Lord delights in you
and will claim you as his bride.

PRAYER OF RESPONSE

Let's ask God to plant one of these new names deep in our heart:

"Father, thank You that in Christ we become completely new creations. The new way of living is here and thank You that we have a new name of identity. As we read through this list now, we ask that Your Holy Spirit will show us one special name that You want us to get hold of today. Amen."

READ OUT TOGETHER....

My new name is CHOSEN

(Ephesians 1:4)

My new name is PRESENTABLE

(Hebrews 10:22)

My new name is WELCOMED

(Ephesians 3:12)

My new name is FORGIVEN

(Psalm 103:3, Colossians 2:13)

My new name is UNASHAMED

(Romans 10:11)

My new name is TREASURED

(Deuteronomy 7:6)

My new name is GOD'S CHILD

(Romans 8:15-16)

My new name is CHRIST'S FRIEND

(John 15:15)



VIDEO CLIP....

IDENTITY

(1:38 minutes) <https://youtu.be/SlfK482mFU4>

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