

Title: Breaking the Spiritual Chokehold of Shame

Scripture Meditation

Isaiah 61:7 (Easy)

“You will not be ashamed any more. Instead, you will receive twice as much blessing...

Romans 8:1

“There is now no condemnation for those who are in Christ Jesus.

Point 1: Shame Keeps You Silent

Point 2: What You Hide Still Holds Power

Point 3: Your Story Is Not a Liability — It’s a Weapon

Point 4: Writing Breaks the Chokehold