

Shame & Guilt
Genesis 2:25
Fresh Start Week 1

“Adam and his wife were both naked, and they felt no shame.”-
Genesis 2:25 NIV

_____ believes, “I did something bad.”
_____ believes, “I am bad.”

We feel guilty for _____.

We feel ashamed for _____.

SHAME-BASED THINKING:

1. We are _____ to _____.
2. We are _____ of ourselves, which drives us to become _____ of others.
3. We use _____ thoughts to shield ourselves from _____.

The only way to heal from shame is to move the _____ from what _____, to _____ Christ is.

I am not _____. Because of Christ, I am _____.

“Then the LORD said to Joshua, “Today I have rolled away the shame of your slavery in Egypt.” - Joshua 5:9 NLT

Digging Deeper & Life Application:

- How would your life change if you focused less on what you’re not and more on who Christ is? What would it look like to live without shame?
- Fill in the blanks. I am not _____. Because of Christ, I am _____.