

## Shame Off You

### Psalm 32

Read Psalm 32:1-2. Explain and discuss the four categories of shame/guilt.

- Is it wrong to feel shame?
- Is it wrong not to feel shame?

Read Psalm 32:3-4.

- What are the consequences of shame/guilt?
- How did shame affect David?
- How has guilt/shame negatively affected you?

Read Psalm 32:5.

- What are the cures/solutions to the four categories of shame?
- What is the first step to repentance?
- How does openness/transparency factor into overcoming shame?
- What are some steps you need to take to overcome shame?