

THIS WEEK'S PRAYER:

Jesus,

Show me any area of my life where shame may still be influencing the way I think, the way I see myself, or the way I see You.

Help me stop defining myself by my failures and start seeing myself through Your grace.

Teach me to receive Your forgiveness, embrace Your truth, and walk in freedom.

In Jesus' name,

Amen.

THIS WEEK'S CHALLENGE:

Ask God each day: "Lord, is there anything I am carrying that You never intended me to carry?"

Write down what He reveals and bring it to Him in prayer.

**Week 1 - FAILURES ARE NOT FINAL****Joel 2:25-28****BIG IDEA:**

Failure may be part of your story, but it does not have to define your story. God's desire is not merely to forgive us. His desire is to restore us, heal us, and make us whole.

KEY TRUTHS FROM THIS WEEK

- Shame is different from guilt.
- Conviction draws us toward God.
Shame pushes us away from God.
- Guilt says: "I did something wrong."
- Shame says: "I am something wrong."
- Shame attack's identity.
- Failure is a moment, not an identity.
- What happened to me is not who I am.
- My past does not determine my future.
- God's plan is restoration, not condemnation.

SCRIPTURES TO REMEMBER

- Joel 2:25: "And I will restore to you the years that the swarming locust has eaten."
- Joel 2:26: "My people shall never be put to shame."
- Romans 8:1: "There is therefore now no condemnation to those who are in Christ Jesus."

PERSONAL REFLECTION

What part of this lesson spoke to me most?

What is one truth I need to remember this week?

SIGNS SHAME MAY BE INFLUENCING ME

- I replay past mistakes.
- I struggle to forgive myself.
- I compare myself to others.
- I feel like I am never enough.
- I fear rejection.
- I hide weaknesses from others.
- I believe God is disappointed in me.
- I feel disqualified from being used by God.
- I focus more on my failures than God's grace.
- I have accepted labels that God never gave me.

REPLACING LIES WITH TRUTH

Example:

Shame Says: "I am a failure."

God Says: My failure is not final.

Shame Says: "I am not good enough."

God Says: _____

Shame Says: "God could never use me."

God Says: _____

Shame Says: _____

God Says: _____