

# Breaking Up the Clouds of Shame



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# Breaking Up The Clouds of Shame

Dear Parent or Facilitator,

This children's workbook is designed to help a child work through **shame**. *Webster's Dictionary* defines **shame** as: "a disturbed or painful feeling of guilt, incompetence, indecency, or blame worthiness—something regrettable, unfortunate, or outrageous." *Guidepost's Family Topical Concordance to the Bible* defines **shame** as: "painful consciousness of guilt, disgrace or disrepute." In both definitions, **shame** emphasizes the humiliation felt at a loss of esteem. "**Disgrace**", a synonym of **shame**, refers to a loss of favor or respect and a sense of humiliation brought on by one's own or another's actions.

These definitions may help you more fully understand the deep pain, embarrassment, and/or humiliation of **shame** that a child may experience as a result of someone's sin against him/her, or, in some cases, the shame a child feels because he/she has acted shamefully (voluntarily or forcedly) towards someone else.

- ♥ **Pages 1-2** helps the child understand why God created him/her.
- ♥ **Pages 3-5** helps the child identify and acknowledge the shameful act committed against him/her.
- ♥ **Pages 6-7** describe to the child what shame feels like and how it can affect him/her. The child is encouraged to identify his/her own feelings & to explain how shame has affected his/her relationships with others.
- ♥ **Pages 8-10** is designed to help the child forgive. It is very important that the child be validated and helped to express his/her feelings about each offense and to tell Jesus about his/her hurt, anger, resentment, sadness, fear (or any other emotions) Psalm 142:2. This will make the "letting go" of the offense more complete. Remind the child that thoughts of a particular offense may come back to his/her mind, but he/she must not rehash the event. God, in His Word, is specific about giving the offense over to Him. Psalm 55:22 (NAS). If the child does not make that choice, he/she will most likely be re-offended and find himself/herself again in the snare of unforgiveness.
- ♥ **Pages 11** Sometimes, giving the shame back to the perpetrator can be made more real to the child by acting out the following:

*Place an empty chair opposite the child. Have the child write down on a piece of paper the word "shame". Have the child wad the paper; march over to the chair (pretending that it represents the perpetrator), give the wadded paper (shame) to the perpetrator—in essence giving the shame back to the real guilty one (the perpetrator); thus, once and for all freeing the child from the burden of shame he/she was never meant to carry. Validate the child's emotion/s while doing this. Pray with the child, asking Jesus to break any unnatural or unhealthy bonding between the perpetrator and the child. Read Psalm 25:1-3 (NIV) together, reinforcing the truth that God allows the shame to fall upon the one who has acted "treacherously without cause", not the child.*

- ♥ The scriptures accompanying *pages 13-15* help the child realize that Jesus is the key to getting rid of guilt, fear, feelings of dirtiness, uncleanness, defilement, loss of respect for self, and loss of trust in others.
- ♥ *Pages 16-18* encourages the child to “give thanks”, even for this painful experience.

May this tool be a blessing and an aid to set children free, all for His glory!

To His Praise and Honor,

Carol Perkins and Mindy Peterson  
***Fresh Start For All Nations***

Do you know why you were  
born and why you were  
created?



The Bible says that you were created to know God and to enjoy Him forever. You were created to worship Him and to tell others all the wonderful things He has done.

**PSALM 9:1-2 (NIV)**

*"I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High."*

Name some things you are thankful for that God has done in your life.

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_



God wants us  
to love and serve  
Him - and others.

Sometimes,  
people disobey God,  
and they hurt or sin  
against us.

The sinful act against  
us can make us feel  
humiliated, ashamed  
or dirty.





**Did someone hurt you?** \_\_\_\_\_

**Describe what he/she did to you:**

(Sometimes this is hard to write because the feelings of shame are so great. But this is God's first step for you toward healing.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PSALM 17:11-12 (NIV)**

*"They have tracked me down, they now surround me, with eyes alert, to throw me to the ground. They are like a lion hungry for prey, like a great lion crouching in cover."*

**PSALM 22:12-18 (NIV)**

*"Many bulls surround me; strong bulls of Bashan encircle me. Roaring lions tearing their prey open their mouths wide against me. I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me. My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death. Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet. I can count all my bones; people stare and gloat over me. They divide my garments among them and cast lots for my clothing."*

When a person does shameful things to us, it sometimes feels like someone has thrown a big dirty blanket over our head. The shame feels heavy, and we want to avoid seeing everyone.

Clouds of guilt, fear, and uncleanness form around us and seem to follow us everywhere we go. We don't like ourselves and it becomes hard to trust others. It seems like we can no longer think or see anything clearly.

**PSALM 69:19-20 (NIV)**

*"You know how I am scorned, disgraced and shamed; all my enemies are before you. Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none."*

**PSALM 44:15 (NIV)**

*"My disgrace is before me all day long, and my face is covered with shame"*



Which of these clouds  
have formed over you?

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Describe them.

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**How do they make you feel?**

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**How has shame affected your relationships with others?**

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When a person hurts or offends us, we usually feel angry, resentful, or afraid of that person. Sometimes we want to get even or hurt that person back.

But, God says we must give the burden of the hurt (offense) and the one who hurt us (offender) to Him, and we must forgive.



**MATTHEW 6:14-15 (NIV)**

*"For if you forgive men when they sin against you,  
your heavenly Father will also forgive you.  
But if you do not forgive men their sins,  
your Father will not forgive your sins."*

(See also Ephesians 4:32, Matthew 18:21-35, Psalm 32:1)

Forgiveness frees us, but it does not free the one who hurt us — now, he/she has to answer to God. God will deal with him/her.

Write the name(s) of the person(s) you are choosing to forgive:

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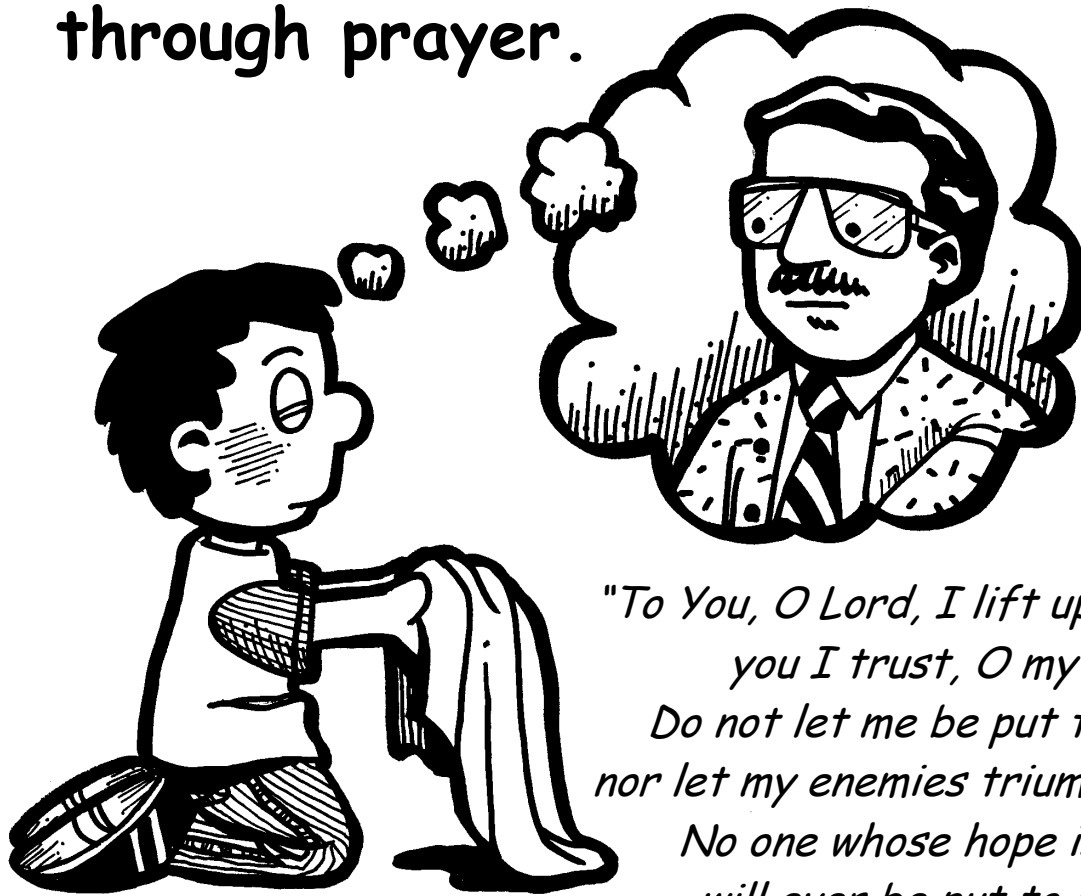
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List the things that he/she did to you that you are "letting go" of and giving to Jesus.

_____	_____
_____	_____
_____	_____

We are obeying God when we forgive. When we "let go" of our hurt and anger, Jesus comes into our hearts and takes the pain and hurt away.

The shame that you felt after the person sinned against you does not belong to you. It belongs to the person who hurt you. You can give the shame back to the person through prayer.



*"To You, O Lord, I lift up my soul; in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse."*

**PSALM 25:1-3 (NIV)**



Tell Jesus that you are  
giving the shame back to

\_\_\_\_\_

(Write in the name of the person who sinned against you.)

How do you feel now that  
you are no longer carrying  
shame?

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Now that you have given the shame back to \_\_\_\_\_, trust Jesus to take away the clouds (feelings) of guilt, fear, dirtiness, and loss of trust in others.

Let the clouds dissolve (break up) in the light of His truth, love, and cleansing power!



*"For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life."*

**PSALM 56:13 (NIV)**

- **Who can take away your guilt?** \_\_\_\_\_  
(Read Psalm 51:1-2)
- **What gets rid of fear?** \_\_\_\_\_  
(Read 1 John 4:18a)
- **Who is love?** \_\_\_\_\_  
(Read 1 John 4:16b)
- **Can God make you clean?** \_\_\_\_\_  
(Read Psalm 51:10-12 and John 15:3)
- **What does God say about you in  
Jeremiah 31:3-4a?** \_\_\_\_\_
- **Who can you trust?** \_\_\_\_\_  
(Read Psalm 56:11)

**As you keep your eyes on the Lord,  
He will help you know whom you can trust.**

**PROVERBS 3:5-6 (NIV)**

*"Trust in the Lord with all your heart  
and lean not on your own understanding;  
in all your ways acknowledge him,  
and he will make your paths straight."*

**PRAY AND  
ASK JESUS TO:**

- **MAKE ALL THE TRUTH OF HIS WORD REAL TO YOU.**
- **MAKE YOU CLEAN AND WHOLE.**

## Read Psalm 30:1-2

Who has healed you and restored you to wholeness and purity?

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Write a prayer of thanks to God, thanking Him for all that He has done for you.

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NOTE: Sometimes, God allows us to go through hard and difficult experiences so that we can know Him in new ways.

In what new ways have you come to know Jesus through this painful experience?

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What does God tell us to do in *1 Thessalonians 5:18*?

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**W**hen we thank God even for the most painful and difficult things in our lives, He releases power in and through us to bring life and healing to us and others. Thank Him for this hard experience and watch to see what He will do through You!



# OTHER BIBLE VERSES TO LOOK UP:

For Page 7:           Philippians 3:10  
                                  Philippians 4:4  
                                  Revelation 4:11

For Page 9:            Psalm 10:1-11

For Page 13:         I Peter 5:7  
                                  Psalm 55:22

For Page 14:         Romans 12:17-19

For Page 15:         I John 1:9

For Page 16:         Psalm 119:78

For Page 17:         Job 33:28