



## MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

**Series:** The Struggle is Real: Guilt and Shame

**Main Scripture:** Psalm 32:1-5; Romans 8:1-4

Kevin Gosselin • May 24, 2026

**There are two different ways to walk through this life:**

The \_\_\_\_\_-filled life (tells you that you are constantly on probation).

The \_\_\_\_\_-filled life (recognizes that you're fully seen and completely secure in Christ)

God wants all of us to experience the \_\_\_\_\_, abundant life He offers.

### The Enemy's Playbook: Guilt and Shame

The enemy wants to keep you from experiencing God's best by chaining you up in a self-made prison.

**Guilt says:** "I did something bad. I have sinned." Guilt focuses on \_\_\_\_\_.

**Shame says:** "I AM bad." Shame shifts from your behavior to your \_\_\_\_\_.

#### 1. Guilt

The enemy uses unconfessed guilt to make you feel \_\_\_\_\_.

Satan is the \_\_\_\_\_. He points his finger at your past and present mistakes to isolate you from a loving God.

#### 2. Shame

Shame is often based on \_\_\_\_\_ we believe about ourselves and about God.

Shame leads to a false identity, which leads to hopelessness, which ultimately drives us straight into deep \_\_\_\_\_.

**Four Human Reactions to Emotional Pain & Shame** (Jeff Reinke):

**Blame:** "\_\_\_\_\_." (Redirecting the pain outward)

**Shame:** "\_\_\_\_\_." (Internalizing self-criticism)

**Control:** "\_\_\_\_\_." (Overcompensating with performance/perfectionism)

**Escape:** "\_\_\_\_\_." (Engagement in addictions/distractions)

# God's Playbook: Forgiveness and Love

## 1. He offers forgiveness through confession.

Condemnation makes us feel powerless, guilty, imprisoned, and completely alone.

Conviction is an invitation from the Holy Spirit to \_\_\_\_\_, be forgiven, and be made righteous.

In Christ, the \_\_\_\_\_ is condemned, not the sinner.

It is God's \_\_\_\_\_ that leads us to repentance (Romans 2:4), opening the door to a full life.

## 2. He eliminates shame through His love.

Shame distorts our view of God because it forces us to live out a lie.

Shame can be a powerful motivator, but it will never lead to \_\_\_\_\_ change.

Shame does not change hearts; God's \_\_\_\_\_ compels us to change.

"Rather than entering the dark places of our souls with a flashlight and a scalpel... he enters with a flashlight and a \_\_\_\_\_, eager to let us see how he feels about us even when we stand exposed in his presence."

— Larry Crabb

## Three Shame-Busters

\_\_\_\_\_: Bringing our secrets into the light of Christ's cross because it wins over shame every time (Romans 5:8).

\_\_\_\_\_: Realizing you are not what you did. You are who God says you are (Psalm 32:1-2).

\_\_\_\_\_: Busting shame by sharing our stories in a safe, Christ-centered space where we can be known, loved, and reminded of the truth.

## My Next Step Today:

[ ] To step out of performance and trust Jesus for SALVATION.

[ ] To bring my hidden guilt or shame to the altar in CONFESSION.

[ ] To step out of isolation and seek safe COMMUNITY.