

## Shame Free

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1. Jesus specializes in “\_\_\_\_\_” encounters.

- John 4:5-42      – John 3:17      – Genesis 3:8-11      – Like 19:10
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**Big Idea: Your History does not determine your Destiny.**

2. Jesus knows your \_\_\_\_\_.

- Genesis 3:12-13    – John 4:16-18.    – JOHN 4:19-2    – JOHN 4:23-24

### Guilt VS Shame

I \_\_\_\_\_ a mistake.      I \_\_\_\_\_ a Mistake.

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3. Jesus specializes in \_\_\_\_\_ Tragedies into Triumphs.

- John 4:39-41      – Hebrews 11:1-13      – Hebrews 12:1-3
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- Meet St. Photini
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**Bottom Line:**  
**Jesus will transform your TRAGEDY into TRIUMPH.**

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## Reflect and Apply

1. Take moment to reflect on the “story” you tell yourself. What defines you in your eyes.
2. What do you hear the Lord speaking to you? How does He view you? (son, daughter, sinner or saint?)
3. Reflect on the following lists.

### God's Voice

- Stills you
- Leads you
- Reassures you
- Enlightens you
- Encourages you
- Comforts you
- Calms you
- Convicts you

### Satan's Voice

- Rushes you
- Pushes you
- Frightens you
- Confuses you
- Discourages you
- Worries you
- Obsesses you
- Condemns

4. Hebrews 11 provides a list of lesser-known Bible Characters which the writer labels as “heroes of the faith.” After learning of St. Photini's story what does that tell you about your own story?

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## Prayer

“Lord, we are so grateful that you are not finished writing the story of our life yet. Some of us today need a new chapter. Help us to turn the page from guilt and shame into a new story of healing and belonging. Amen.”

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## At Manna Church, We believe ...

... God created man in His own image, in a state of original righteousness, from which he subsequently fell by a voluntary revolt, and as a consequence, is guilty, inherently corrupt, and subject to divine wrath. The unregenerate are totally depraved and do not possess a will free from the dominion of the sin nature.