

I Am Forgiven

Ephesians 2:7, 4:32

The Blessing: In Christ, we stand completely _____ and are released from _____.

1. Be honest about our _____:
2. Discern between _____ and _____.
 - Guilt is incurred when we do something _____. Shame comes when we believe that we are what is _____.
 - Guilt is a matter of what _____ Shame is a matter of who _____.
 - Guilt can be something we _____ suffer. Shame is more _____.

Genesis 2:24-3:7

Is shame a problem for you?

- ___elf-consciousness or even self-hatred
- ___iding the real you or your past from people for fear of rejection
- ___nger toward those who have contributed to your shame
- ___educating your pain through drugs, alcohol, food, other diversions
- ___xcelling in other areas of life to compensate for deep insecurities

3. Be Completely forgiven and shame free by:

a. _____ of things we have _____.

1 John 1:8-10
2 Corinthians 4:2

Action point:

b. _____ God's healing for what others have
_____ .

Isaiah 61:1-3
Luke 4:20-21

Action point:

c. _____ our true identity rather than the _____
we have believed about ourselves.

Isaiah 62:2-4

Some _____ we believe:

2 Corinthians 5:17

Action point:

Personal Reflection:

What is my "old name"?

What is my "new name"?

Follow up reading:

Total Forgiveness, by R.T. Kendall

How to Forgive Ourselves Totally, by R.T. Kendall