

WALLS

Breaking Through the Wall of Shame and Guilt

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Shame says, "You are what you have done."

Guilt says, "You deserve to feel the way you feel."

Romans 8:1-2 CSB

King Jesus, the Wall-Breaker, declares you:

Righteous like Him (2 Corinthians 5:21)

Regenerated with Him (2 Corinthians 5:17-18)

Redeemed son/daughter, not a slave to your past (Galatians 4:4-7, Micah 7:18-19 NLT)

Soul-tattoo: Marinate on this affirmation daily.

It's true, I've done things I'm not proud of.

I've sinned.

And I have been haunted by the wall called shame and guilt.

Shame and guilt have stolen a lot from me.

Shame and guilt have hurt me and those I love.

But today, that ends. Because Jesus wins.

He nailed my sin, My shame, and my guilt to His cross.

He nailed His righteousness, His life, His forgiveness,

His redemption to me.

The wall has been knocked down!

I am loved by His Father. I am indwelt by God the Holy Spirit.

I am a new creation. I am powerful. I am brave. I am beautiful.

I am, because of Jesus, the Great I Am!

Amen, Amen, & Amen.

Action: Work through the conversation guide questions.