

SET FREE: SHAME

Genesis 2:25

The man and his wife were both naked, and they felt no shame.

Genesis 3:6

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Genesis 3:7

Then the eyes of both them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3:8

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.

“HIDING in our SHAME will never bring HEALING to our SOUL.”

STEP #1: FACE THE TRUTH

John 8:31-32

If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.

STEP 2: CONFESS TO OTHERS

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.

STEP #3: RESIST THE DEVIL

1 Peter 5:8-9

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

“HIDING in our SHAME will never bring HEALING to our SOUL.”