

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

MARCH 16, 2025
GUILT vs. SHAME

Are We Living as Daughters of the King

JOIN US SUNDAYS
8:30 AM EASTERN

zoom JOIN ONLINE OR CALL: 646-558-8656
MEETING ID: 530 441 1689 | PASSCODE: 057058

Register, Login or Learn More at www.SHEnergizedSisStarhood.com

Sis. Tiffany's Outline: March 16, 2025

Guilt vs. Shame

Are we living as Daughters of the King?

I. Defining Guilt vs. Shame

- **Guilt:** A feeling that arises from recognizing that we've done something wrong (behavior-focused).
 - **Example:** "I made a mistake."
 - **Shame:** A feeling that arises when we believe something is wrong with *who we are* (identity-focused).
 - **Example:** "I am a mistake."
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II. What the Bible says about Guilt

- **Scripture:** 1 John 1:9
 - **Scripture:** Romans 8:1
 - **Scripture:** Psalm 103:12
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III. What the Bible says about Shame

- **Scripture:** Isaiah 61:7
 - **Scripture:** Romans 10:11
 - **Scripture:** Hebrews 12:2
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IV. Living Out Forgiveness

- Scripture: Ephesians 1:7
- Scripture: Colossians 3:13
- Scripture: Luke 7:47

V. Embracing Our Identity as Daughters of the King

- Scripture: 1 Peter 2:9
- Scripture: John 1:12
- Scripture: Galatians 4:7

Discussion Questions:

1. How does viewing ourselves as daughters of the King change the way we handle guilt and shame?
2. How do guilt and shame affect our relationship with God and others? What are some personal examples of feeling guilty or ashamed?
3. How can we remind ourselves of God's forgiveness when we feel guilty about past mistakes?
4. In what ways can we recognize and reject the lies of shame that keep us from embracing our new identity in Christ?
5. How can living in forgiveness help us to release guilt and shame? What practical steps can we take to forgive ourselves and others?