



JOIN US SUNDAYS  
8:30 AM EASTERN

*Spiritual Empowerment Experience*

**April 21, 2024**

**Guilt vs. Shame**

*Isaiah 43:25 & Rom 8:1*



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

Register, Login or Learn More at [www.SHEnergizedSisStarhood.com](http://www.SHEnergizedSisStarhood.com)

SisStar Tiffany’s Lesson Re-Cap| 04/21/24|Guild vs Shame

The following is a lesson recap of SisStar Tiffany’s

“Guilt vs Shame”

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*SisStars, are you wrestling with who you are in Christ? Often Guilt and Shame will confuse you and prevent you from being your best self!  
Understanding the two will bless you!*

**I. Defining Guilt & Shame**

- + Guilt will make you feel bad about a situation or thing; think of a scar.
- + Shame is when you feel bad about past events; think of a wound.

**II. Projecting**

- + SisStar sometimes you are walking around with hang ups because of the picture you paint for yourself.
- + SisStar sometimes you create checklists of good deeds to cover the mistakes you tend to make.
- + Sometimes you can get caught up with the religion- ship of serving God instead of the relationship with God.
- + Thinking the more that you service God by being involved with ministry work or good deeds will some how get rid of the guilt and shame you project in your mind.
- + SisStar facing your guilt and shame is about having a change in mindset.

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- ✚ The heart matters to God.
- ✚ Religion will tell you that you should feel bad about your past and the more you do the more you can cover your past hang ups.
- ✚ Relationship is the connection that covers you because now you are made new in Christ.
- ✚ SisStar your relationship with God that allows you to not have to live in guilt.
- ✚ SisStar God calls you baby girl, he calls you daughter, he calls you beautifully and wonderfully made.
- ✚ SisStar, you don't have to fight to prove that you are worthy enough.
- ✚ You are already deemed worthy because you have been sanctified through Christ. You don't have to live in guilt or with shame.
- ✚ SisStar realize that you have been made brand new.
- ✚ Life is going to be a struggle because we are human!
- ✚ SisStar when you mess up have a repentive heart- tell God "I'm sorry Lord, I've messed up and change.
- ✚ SisStar stop walking around with shame because of the guilt from the sin you may find yourself in.
- ✚ When you confess the wrongs; God forgives, and he doesn't even remember it anymore. (Isa 43:25)
- ✚ SisStar, you don't have to walk around as if you're dead; you are free because of the blood, because of grace, because of salvation.

### III. Shame

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- ✚ SisStar you should get excited about being a daughter of the highest.
- ✚ The enemy will make you believe you must pay for what has already been paid for by Christ.
- ✚ When you recognize that relationship with the father is a 1x1 journey and not something to prove for anyone else; your heart (mind) changes.
- ✚ Living is about recognizing you are on a mission for God to be the best that you can be each and every day.
- ✚ Every day you get to arise and have breath in your body is another day to work at being better for the cause of Christ.
- ✚ SisStar this is your journey, and you must get into a mindset that says I'm free!
- ✚ SisStar you can get excited because the loving Jesus died so that you no longer have to walk around with guilt and shame!
- ✚ Jesus died so you can understand that you are enough!
- ✚ SisStar stop giving the enemy your power!
- ✚ SisStar learn to confess the word of God over your life!
- ✚ The reason you speak the word over your life is because God will supply your needs according to the riches in glory through Christ Jesus.
- ✚ SisStar when you recognize God's power and speak his word over your life you get rid of religiosity and start operating in relationship.
- ✚ Get into the right posture SisStar; allow the God who owns all to supply your needs. Allow him to penetrate your heart.



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- ✚ SisStar drop the weights of guilt and shame and take on the new heart that God has blessed you with.
- ✚ God has new mercies, new grace and new abundance waiting for you!
- ✚ SisStar don't hold on to your past! Allow God to cover you!

*No More Guilt! No more Shame!*

*Relationship over Religion-ship!*