

**The SHEnergized SisStarhood**  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*

**JOIN US SUNDAYS**  
**8:30 AM EASTERN**

**APRIL 6, 2025**  
**GUILT vs. SHAME, Part 3**

**He Didn't Have to Do It...I'm Glad He Did!**

**zoom** 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)

### March 6, 2025 – Lesson Recap by Roxy Hall

#### Summary:

The lesson powerfully reminded us that recognizing the differences between shame and guilt enables us to overcome these burdens by viewing ourselves through God's forgiving eyes. It emphasized that Jesus' sacrifice—His willing choice to go to the cross—is the cornerstone of our freedom, liberating us from our past and filling our lives with hope.

Furthermore, His resurrection offers us a living hope that forms the foundation of our faith, assuring us of new life each day despite our trials. By embracing our identity in Christ, we are empowered to live joyfully and let our transformed lives reflect the profound love and redemption we have received.

Finally, the lesson underscored the importance of community and testimony, reminding us that sharing our experiences not only reinforces our own faith but also strengthens the faith of those around us, inviting us to live boldly and joyfully in the light of God's everlasting love.

See Full lesson recap below...

#### 1. Understanding Shame vs. Guilt

- **The Distinction:**

The lesson began by clarifying the difference between shame and guilt. While both are heavy emotions, guilt is tied to our actions (feeling remorse for something we've done), whereas shame is a feeling about our identity (feeling unworthy or flawed). Recognizing this difference is crucial because it allows us to see ourselves through God's eyes rather than through the negative lens of self-condemnation.

- **Seeing Ourselves as God Sees Us:**

Tiffany emphasized that when we shift our perspective from a "flesh mindset" to a "God perspective," we start to view our identity as being defined by God's love and redemption, not by our mistakes or the judgments of others.

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#### 2. Tapping Out: Surrendering to God

- **What It Means to Tap Out:**  
“Tapping out” was introduced as the act of surrendering control to God. When we acknowledge our limitations and let go of our self-reliance, we create space for God to work within us.
- **Practical Application:**  
Tiffany encouraged everyone to let go of their personal pride and fears—symbolically “tapping out”—so that God can shape our lives. This surrender is a regular practice that leads to spiritual growth and renewal.

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#### 3. The Cross: The Foundation of Forgiveness and Identity

- **Jesus' Sacrifice:**  
A central point of the lesson was the recognition that Jesus, despite being perfect and all-powerful, chose to follow God's will. He willingly went to the cross, not because He was forced, but because He understood His purpose. The phrase, “He didn't have to do it, but I'm so glad that He did,” encapsulates the depth of gratitude for Christ's sacrifice.
- **Forgiveness Through the Cross:**  
The cross represents the ultimate act of love and forgiveness. Because Jesus bore the weight of sin, shame, and guilt for our sake, we are freed from these burdens. This act of self-giving love forms the basis of our new identity in Christ.
- **The Resurrection:**  
While the crucifixion shows the depth of Jesus' sacrifice, His resurrection is what gives us hope and assurance. The resurrection is not just a miraculous event; it is the cornerstone of our faith. It symbolizes that no matter the trials or setbacks we face, there is always the promise of new life and victory over sin and death.

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#### 4. Living in Joy Amid Trials

- **Embracing Life's Challenges:**

Tiffany acknowledged that life is full of hardships—whether financial struggles, health issues, or relational conflicts—but reminded the audience that these trials are opportunities for growth. In moments of pain and difficulty, we are invited to choose joy because our faith is being refined.

- **Scriptural Encouragement:**

Several verses were referenced to reinforce this point:

- **John 15:13:** Reminding us of the greatest love—laying down one's life for a friend.
- **1 Peter 1:3:** Celebrating the “living hope” we have through Jesus' resurrection.
- **James 1:2-3:** Encouraging us to “consider it pure joy” when facing trials because they produce perseverance and strengthen our faith.

- **Mindset Shift:**

By focusing on God's unchanging nature and His work in our lives, we can rise above the feelings of shame and guilt. The lesson exhorted us to keep our eyes on the “lifter of our head,” ensuring that we maintain a perspective centered on God's love and redemption, rather than on our past mistakes or current circumstances.

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#### 5. Embracing a New Identity in Christ

- **Transformation and Renewal:**

The lesson underscored that our identity is not defined by our past or our failures. Instead, through Jesus' sacrifice and resurrection, we are given a new identity—a life marked by freedom, joy, and

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purpose. This transformation means that we are called to live in a way that reflects our worth and the love God has for us.

- **Living Out Our Purpose:**

The ultimate goal is not just personal transformation, but also sharing the joy and hope we've received with others. Tiffany challenged everyone to live out their new identity so that those around them might see the difference and be drawn to the life-changing love of Jesus.

- **Practical Impact:**

Whether it's facing daily challenges with a smile or boldly proclaiming God's love in the face of adversity, the new identity in Christ should empower us to live victoriously. We are reminded that every new day is an opportunity to step into our best selves and be living testimonies of God's grace.

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## 6. Call to Action and Community Reflection

- **Personal Testimony and Sharing:**

The lesson closed with a call for community sharing, inviting everyone to reflect on their takeaways and discuss how the lesson has impacted their perspective. This interaction is key to reinforcing messages and supporting each other in our spiritual journeys.

- **Encouragement to Keep Rejoicing:**

Finally, the overarching message was one of unending hope: no matter what hardships we encounter, we are free from guilt and shame because of what Jesus did. With a heart full of gratitude, we are encouraged to rise every day, embody our new identity, and spread the message of God's unconditional love.

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## Summary

The lesson was a powerful reminder that:

- **Shame and guilt are different:** We must recognize and overcome them by seeing ourselves through God's forgiving eyes.

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- **Jesus' sacrifice is the cornerstone of our freedom:** He went to the cross willingly—even though He didn't have to—so that we could be free from our past and live a life full of hope.
- **The resurrection offers living hope:** It is the foundation of our faith and the assurance that, no matter the trials, we have new life every day.
- **Our identity in Christ empowers us:** We are called to live in joy and to let our transformed lives speak of the love and redemption we have received.
- **Community and testimony are essential:** Sharing our experiences strengthens not only our faith but also the faith of those around us.

This comprehensive recap ties together the themes of surrender, forgiveness, renewal, and community—inviting us to live boldly and joyfully in the light of God's everlasting love.