

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

JOIN US SUNDAYS
8:30 AM EASTERN

MARCH 30, 2025
GUILT vs. SHAME, Part 2

Are We Living as Daughters of the King

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

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

March 30, 2025 – Guilt vs Shame, Part 2 Lesson Recap by Roxy Hall

This lesson was a deep exploration of the spiritual journey from guilt and shame to forgiveness and transformation. Drawing on personal insights, biblical references, and military analogies, the message encourages embracing vulnerability, accepting God’s grace, and “**tapping out**” of negative patterns to reclaim one's true identity as a daughter of the King. It serves as a heartfelt reminder that surrendering our vulnerabilities to God is the path to true freedom, and by understanding the difference between guilt and shame and committing to a daily renewal of spirit, we can step confidently into our identity as daughters of the King, living a life marked by forgiveness, growth, and divine strength.

See The Summarized Recap Below:

- **Guilt Defined:**
 - **Natural Response:** Guilt is described as the natural feeling that arises when one recognizes she has made a mistake.
 - **Repentance and Growth:** It’s an acknowledgment of wrongdoing that prompts a desire to change and improve.
 - **Biblical Reference:** Tiffany references 2 Corinthians 7:10 to highlight that Godly grief (or guilt) leads to true repentance without regret.
- **Shame Defined:**
 - **Attack on Identity:** In contrast, shame is explained as an internal attack on one’s identity. It’s not just about a mistake but a feeling that something is inherently wrong with oneself.
 - **Long-Lasting Impact:** Shame can cause one to feel unworthy of God’s love and can become a barrier to experiencing grace and transformation.

The Role of Forgiveness and Grace

- **Importance of Forgiveness:**

Tiffany connects the discussion of guilt and shame with the concept of forgiveness. She stresses that understanding the difference is key to breaking free from shame and embracing the forgiveness that God offers.

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

MARCH 30, 2025
GUILT vs. SHAME, Part 2
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

March 30, 2025 – Guilt vs Shame, Part 2 Lesson Recap by Roxy Hall

- **Embracing God’s Grace:**
 - **Unchanging Love:** The lesson emphasizes that God’s grace is a constant, covering and redeeming us regardless of our past mistakes.
 - **Daily Renewal:** The idea that every day is a new opportunity—compared to receiving 86,400 “seconds” or a daily gift from God—is used to encourage living free from the constraints of past guilt and shame.
- **Empowerment Through Identity:**

Once one understands and accepts that she is a daughter of the King, she begins to walk, speak, and act in a way that reflects her true identity, free from the burden of shame.

Introducing “Tap Out” – A Metaphor for Surrender

- **Military Analogy:**

Tiffany introduces the concept of “tapping out,” drawing from a military analogy based on her father’s experience. In boot camp, recruits are not allowed to break formation until they are “tapped out” by a loved one—a symbolic gesture that marks a transformation.
- **Spiritual Application:**
 - **Surrendering Weaknesses:** Just as the tap out in boot camp symbolizes a transformation and a moment of surrender, Tiffany encourages the audience to “tap out” of their struggles with guilt and shame.
 - **Allowing Transformation:** Tapping out is a physical and metaphorical way to admit limitations, accept help, and allow God to work within us.
 - **Call to Action:** Tiffany challenges SisStars to let go of the need to appear strong all the time, to be vulnerable, and to rely on their SisStarhood and on God’s strength for healing and transformation.

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

JOIN US SUNDAYS
8:30 AM EASTERN

MARCH 30, 2025
GUILT vs. SHAME, Part 2
Are We Living as Daughters of the King

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

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

March 30, 2025 – Guilt vs Shame, Part 2 Lesson Recap by Roxy Hall

Biblical Encouragement and Closing Reflections

- **Scriptural Anchors:**

Several Bible verses are woven into the lesson to reinforce the message:

- **First John 1:9:** Confessing sins as a way to receive God’s forgiveness and cleansing.
- **Romans 8:1:** Reminding that those in Christ are not condemned.
- **2 Corinthians 12:9:** Highlighting that God’s grace is sufficient, and His power is made perfect in our weakness.

- **Embracing Vulnerability and Growth:**

Tiffany emphasizes that true strength comes from admitting our limitations and surrendering our burdens to God. This vulnerability is a necessary step toward spiritual growth and living out the freedom that comes from grace.

- **Final Call:**

The session ends with a passionate call for the audience to “tap out” from their struggles. Tiffany encourages each person to let go of past burdens, embrace God’s unending grace, and step into the identity of a beloved daughter of the King.