



Shame

Prayer:

Dear Lord, I praise you for I am fearfully and wonderfully made. My frame was not hidden from you when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed. I desire to see myself as YOU see me Lord, so that I can confidently carry out the plans you have made for me today. Amen.

Scripture: Psalm 25

Worship Music: Restoration –World Mandate 2011

<https://www.youtube.com/watch?v=rSuux0zDaOI>

Reflection

Read Psalm 139

Journal:

David paints a beautiful picture of how God loves you. He created you for relationship, searches you, knows you and now promises to direct your path each day. However, there are tapes in our minds that tell us otherwise. These old tapes prevent us from hearing the truth of God's view of us. In our final wound protocol on Saturday afternoon, you completed three different circles. As you review these, recall that the white circle is your beautiful soul, the authentic, wonderful you that He created.

- Take a few moments to reflect on what you have written on the white circle. Genesis 1:26 promises He created YOU to be in relationship with HIM!! Thank God for the uniquely created **you** who is made in **HIS** image!
- Now take out the circle that represents the shaming messages that you have taken on in your life. These messages shrouded your beautiful soul. As you look at these messages, who spoke these words to you? When you are ready, bring these people to the Lord one by one and ask Him to help you forgive whoever has shamed you. (Matthew 6:12) Receive the freedom that God gives to you as you forgive this person.
- Now return to Psalm 139 and read through the verses slowly, paying attention to what the Holy Spirit is telling you specifically about who you are in Christ. Record your reflections in your journal.
- Write any new qualities to the white circle of your beautiful soul as the Lord reveals your true identity in HIS sight.



Soul Training Exercise

This week, begin to become aware of the “shaming voices” you hear as you go through your day. We can be our own worst enemy with negative thoughts. Through consciously identifying what is going on in our minds we can become renewed in our minds and more like Jesus if we slow down and offer these shaming thoughts up in prayer to the Lord. Continually ask the Holy Spirit to reveal the truth. Colossians 3:2-4 says, “*Set your minds on things that are above, not on things that are on earth, for you have died and your life is hidden with Christ in God. When Christ who is our life is revealed, then you also will be revealed with him in glory.*” Ask the Lord to replace the lies with the truth. Take time to find a verse(s) that will anchor this truth in your heart.