

STAYING STUCK

How to Live in Shame

Romans 8.1-2

"There is now no condemnation..."

Guilt vs. Shame

Guilt is a legal verdict, *conviction* for specific sin before a holy and righteous God.

Shame is a general sense of unworthiness, *condemnation* which comes from the evil one.

"For God did not send his Son into the world to condemn the world, but to save the world through him."

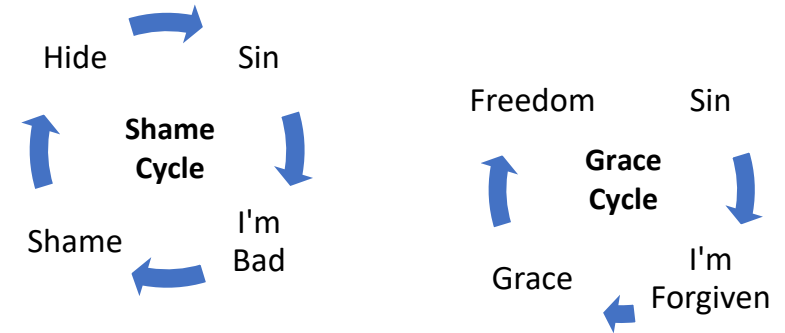
John 3.17

_____ keeps conviction from becoming condemnation.

*"Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will **confess** my transgressions to the Lord.' And you forgave the guilt of my sin."*

Psalm 32.5

"The Spirit who gives life has set you free..."



*"Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to **cleanse us from a guilty conscience** and having our bodies washed with pure water."*

Hebrews 10.22

1. Remember who _____.

2. Remember who _____.

Memory Verse:

*"Therefore, there is now **no condemnation** for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."*

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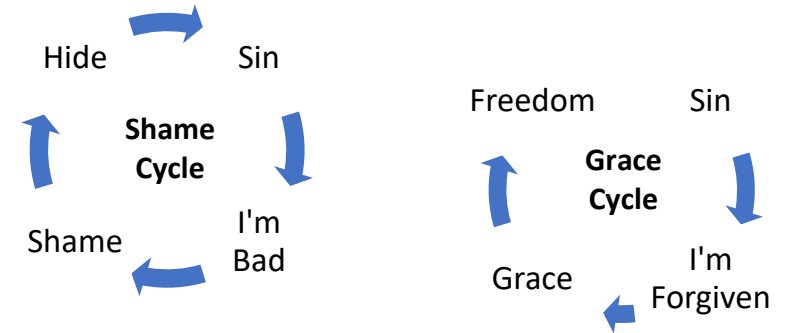
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Confession keeps conviction from becoming condemnation.

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2. Remember who you are.

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