

TODAY'S VIDEO:
youtu.be/9uOLW2Gp5d8



Day 1 | Guilt vs. Shame

Guilt says we *did* something bad, while shame says we are bad. This difference is so important. Your identity, who you are, does not change when you sin. Shame can be deceiving and cause you to hide yourself. In our shame we tend to run from God instead of to God. But God wants us to run to him. He will embrace us with open arms.

ENGAGE:

In what ways or areas of your life do you experience shame?

Have you been able to talk to a trusted friend, parent, or mentor about the shame you feel? What would it take for you to do that?

In prayer ask God where you have run away from him instead of to him.



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youtu.be/hS0AyC5xQBs

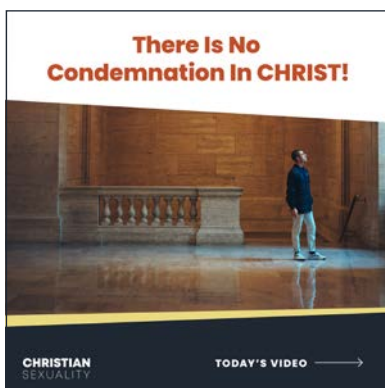


Day 2 | Jesus Wants A Relationship With You

God wants to heal you from sexual hurt and shame, but you have to allow him. Maybe you struggle to see your own self-worth. If you want to know your value, you don't need to find it anywhere else but in the Lord and a relationship with him.

ENGAGE:

Reflect on where in your life you may have sexual hurt or sin, and ask God for forgiveness, healing, and restoration.



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youtu.be/qBfUJAUCak4



Day 3 | There Is No Condemnation In Christ

Paul's declaration to the Romans, "There is no condemnation in Christ," is a powerful and redemptive proclamation. The words "no condemnation" mean that you are found innocent of any accusation, with no sentence inflicted and no guilty verdict found. No matter what you've done, the slate has been wiped clean when you step into a relationship with Jesus Christ.

ENGAGE:

Imagine receiving these words from someone you admire, trust, and love. What impact would these words have on your life? What if you received them right after doing something you knew was wrong or sinful? How would you receive them then?