

The background features a complex abstract design. On the right side, there are large, vibrant, swirling patterns in shades of blue, yellow, orange, and red, resembling liquid paint or smoke. On the left side, there are sharp, angular geometric shapes in magenta, yellow, and blue. The overall composition is dynamic and modern.

SESSION 3

UNASHAMED!

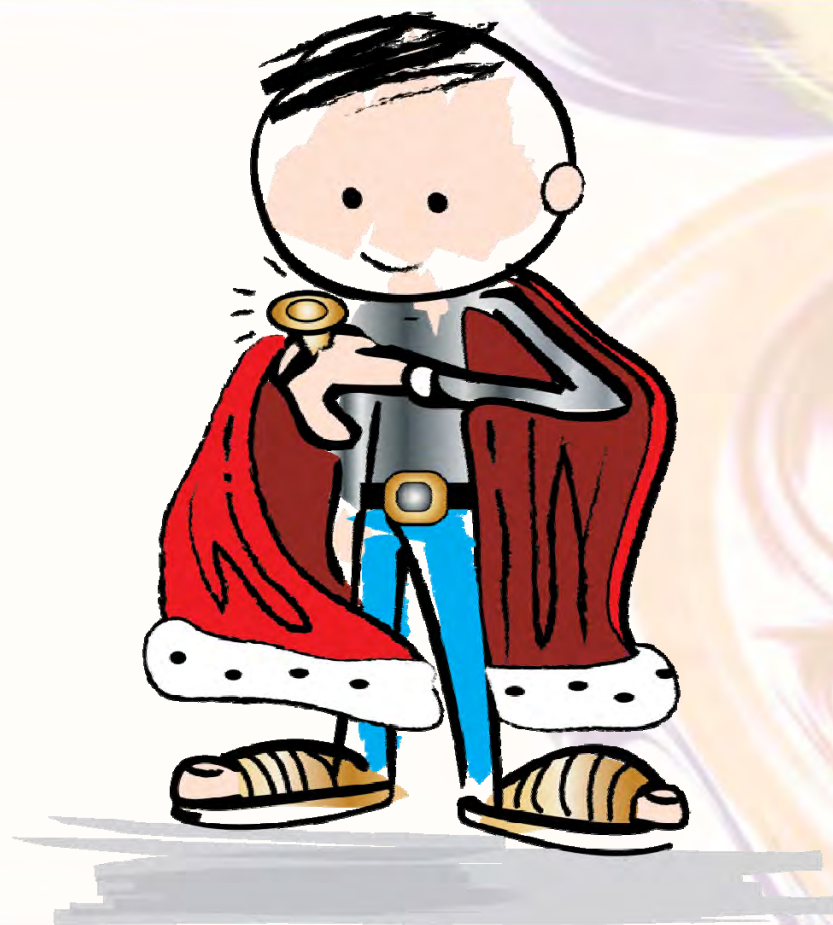
Click [HERE](#) to show without “Pause for thought”



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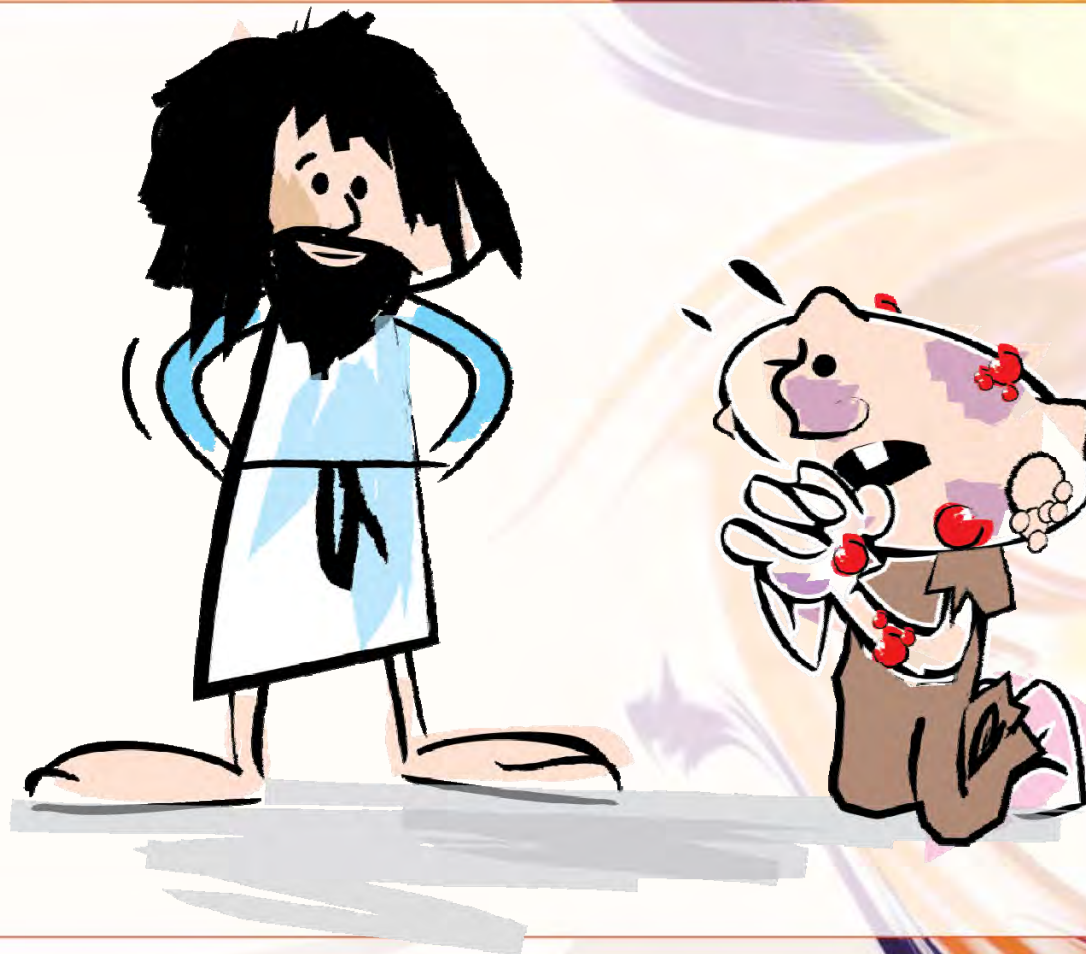


Guilt is a product of what we **do:**

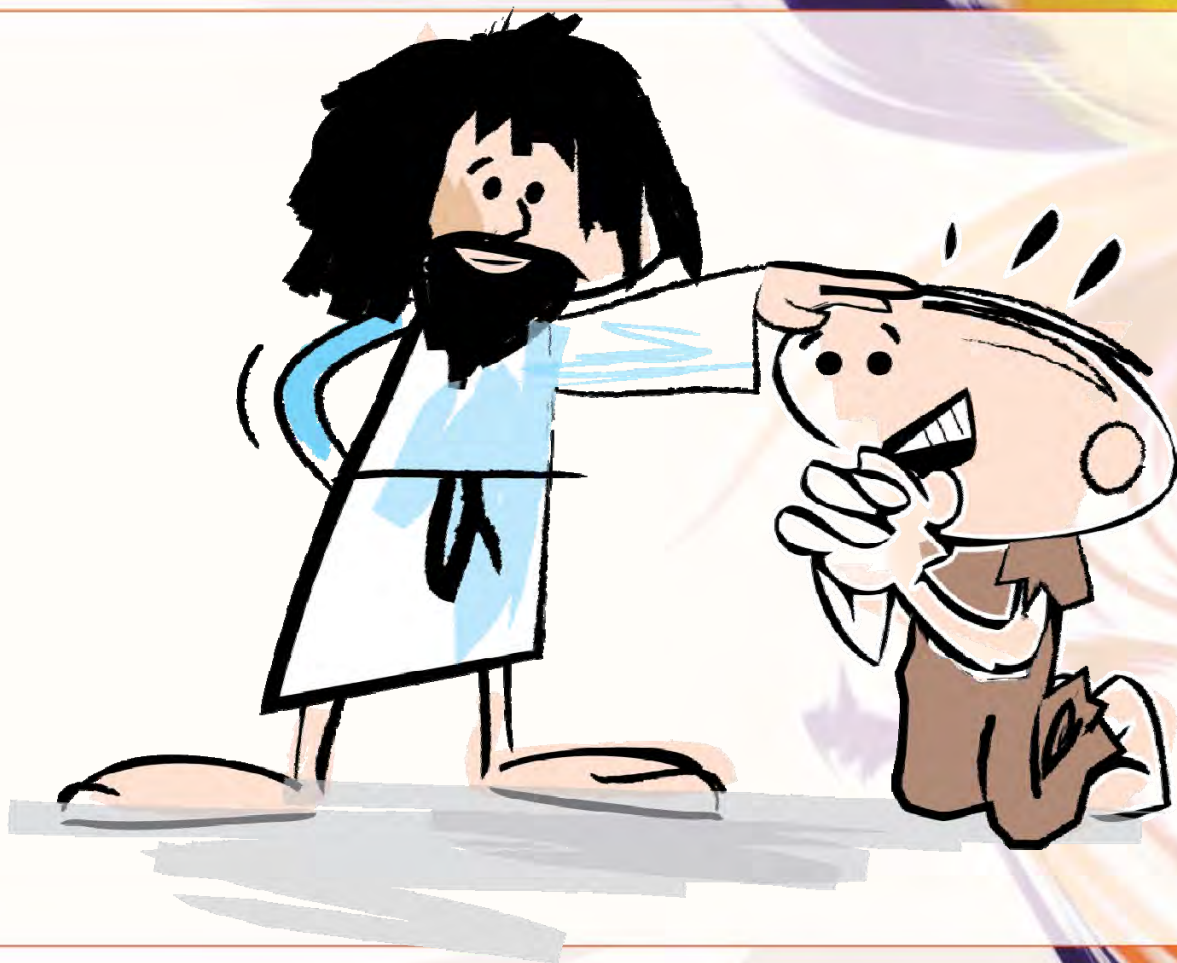
“I **did something wrong. I made a mistake.”**

Shame is about who we **are:**

“There’s something wrong with me. I **am the mistake.”**



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Where does shame come from?



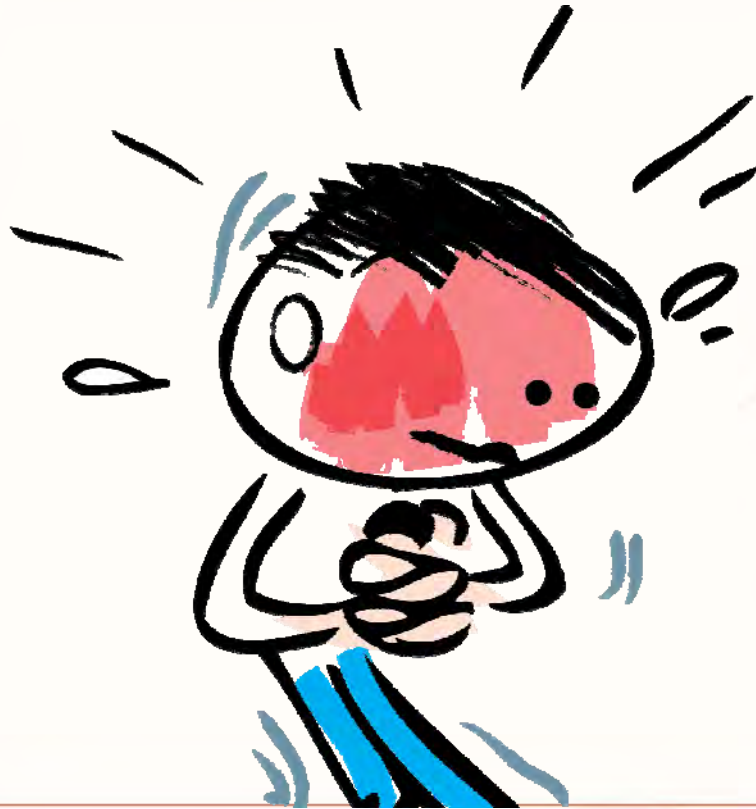
From being
brought up in a
shame-based
culture

Where does shame come from?



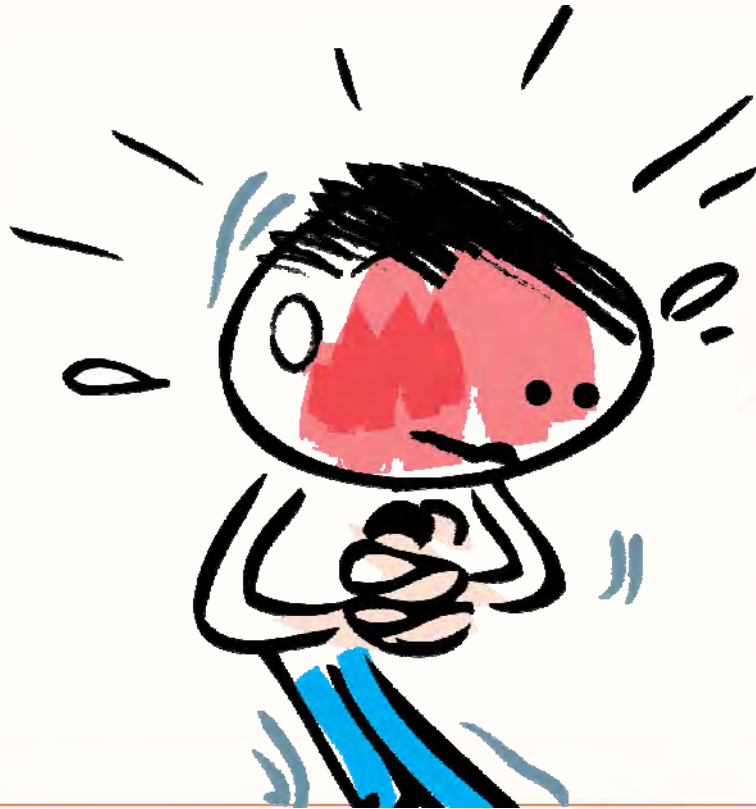
From things we
have done

Where does shame come from?



From things
others have
done to us

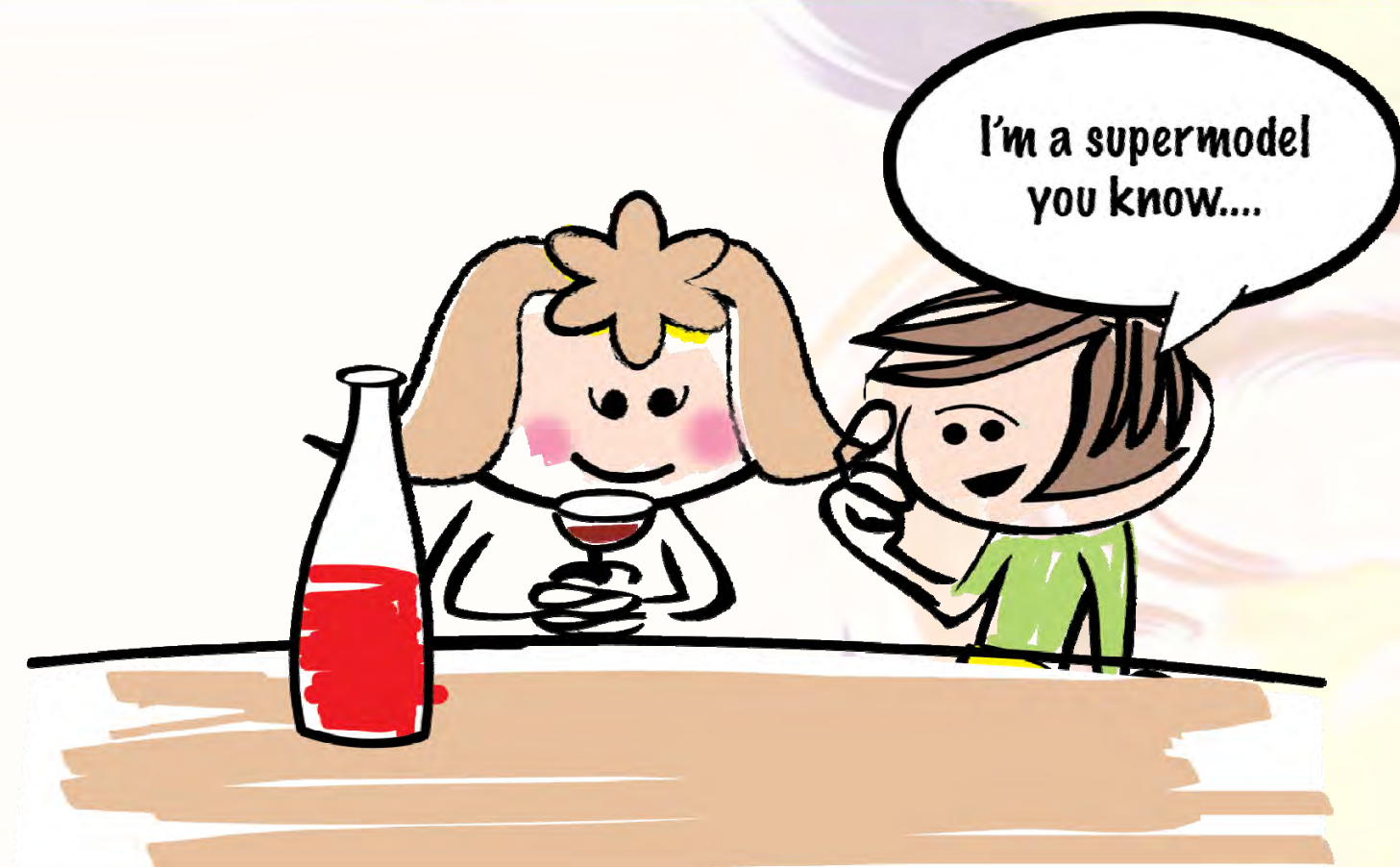
Where does shame come from?



From believing
wrong
messages



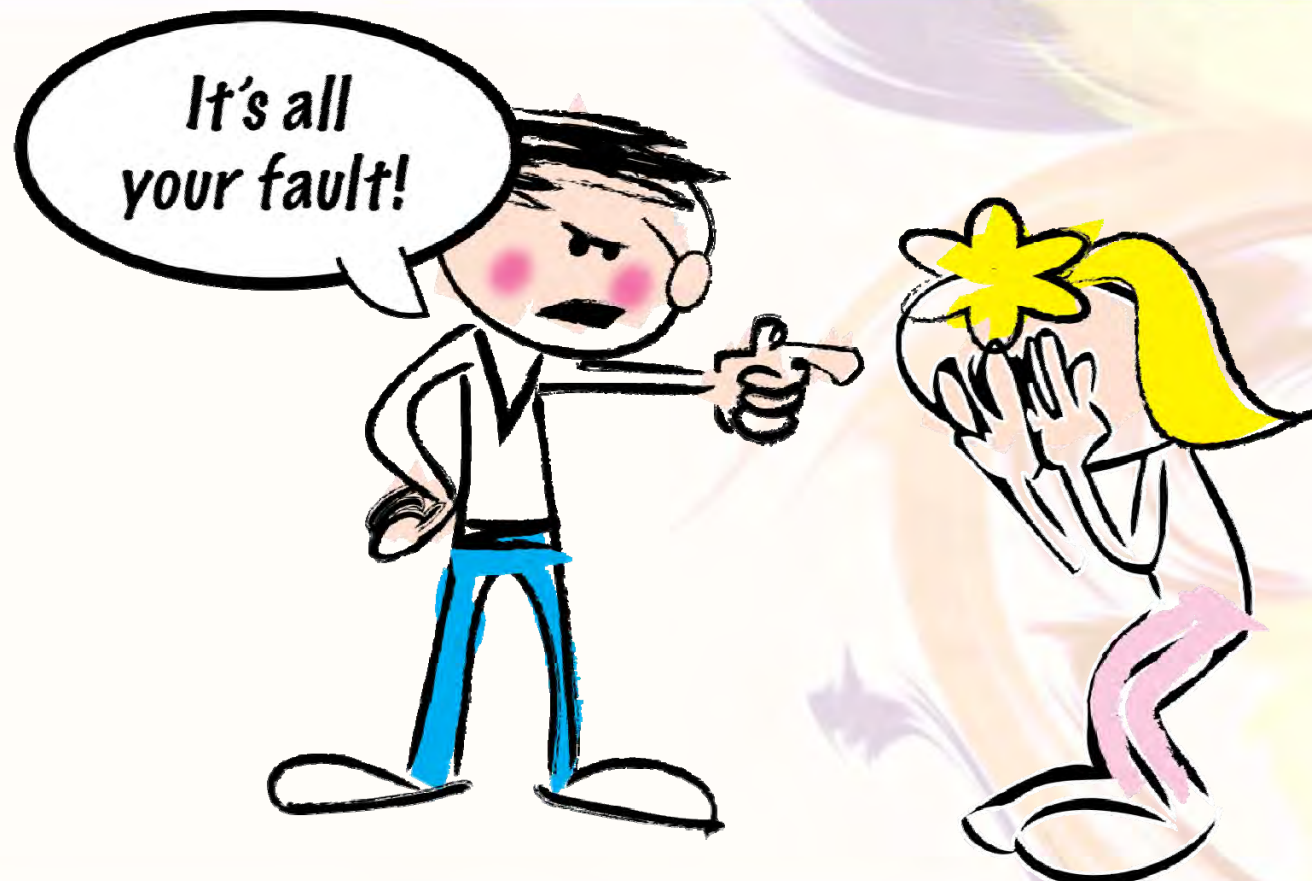
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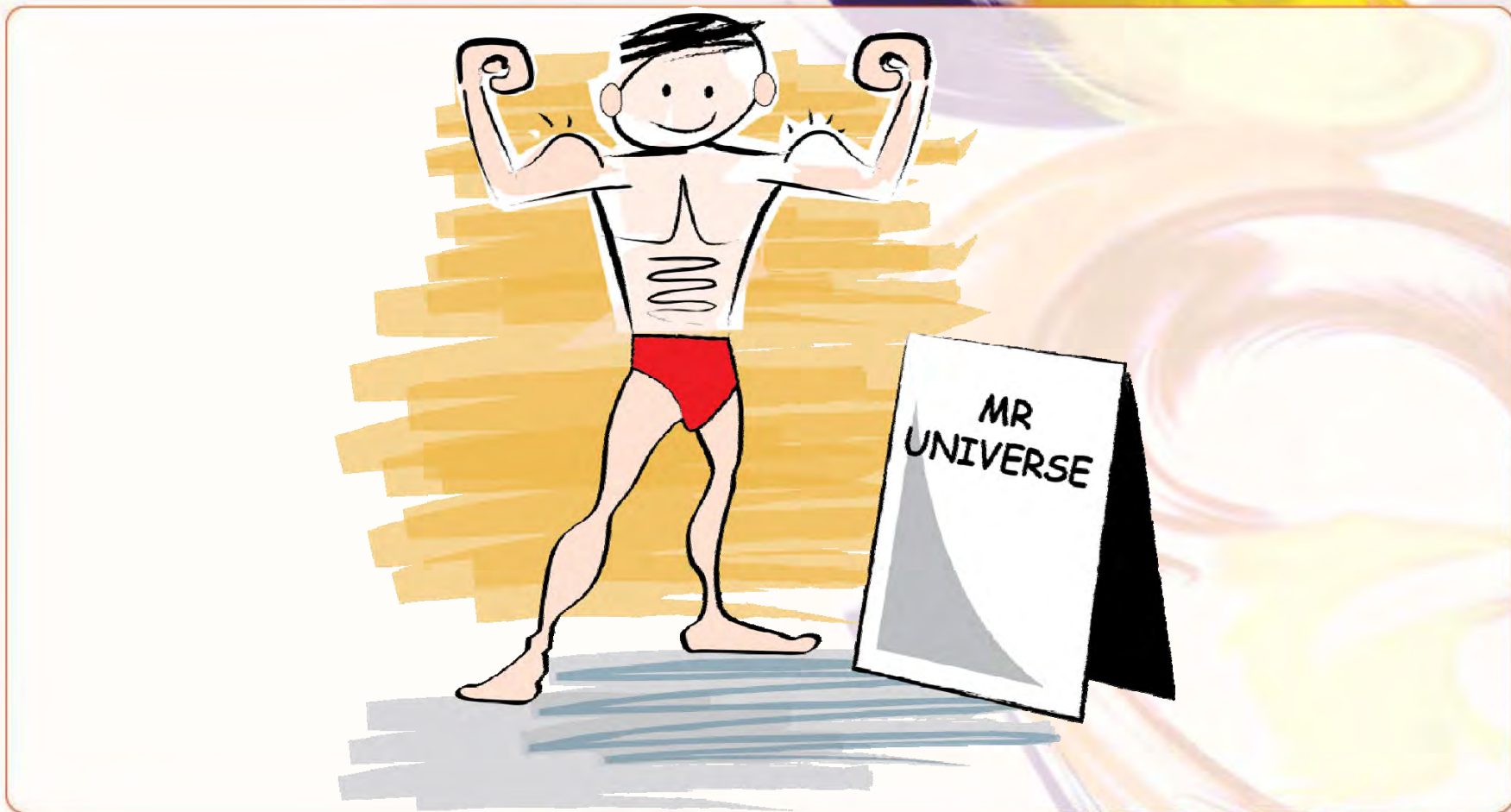
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Pause for thought 1

Adam and Eve used fig leaves to try to cover their sense of shame. What sort of things do people use nowadays? Are you aware of a tendency to use any of these things?

If someone asked you, “Who are you?”, how would you define yourself?

Is your definition based more on what you do or who you actually are?

The “less mess”

Shame makes us feel:

- Helpless
- Worthless
- Meaningless
- Powerless
- Hopeless

Our old identity

We were by nature children of wrath. Ephesians 2:3

The heart is deceitful above all things, and desperately sick. Jeremiah 17:9

We have all become like one who is unclean, and all our righteous deeds are like a polluted garment.

Isaiah 64:6

The great exchange

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

2 Corinthians 5:21



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**Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.**

2 Corinthians 5:17

Hebrews 10:19-22

Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, **let us draw near** with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

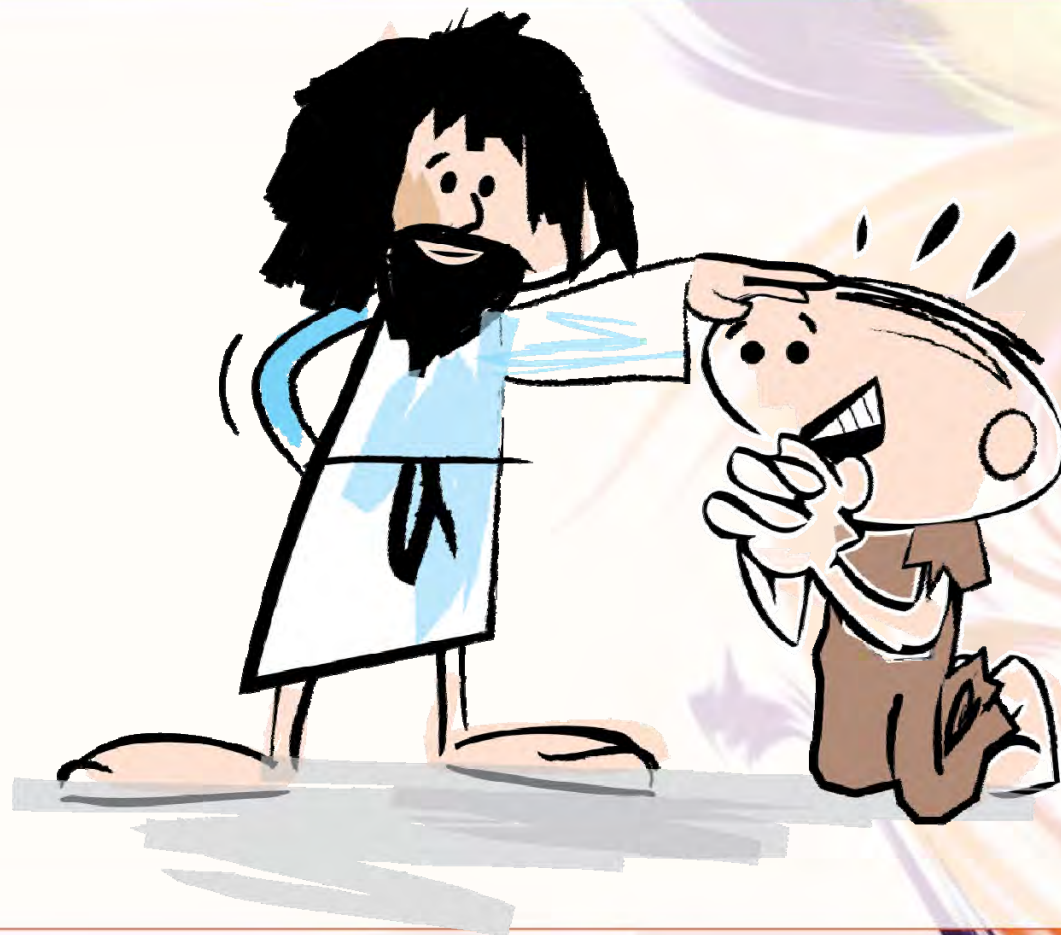
The background of the slide features a soft, abstract design with swirling patterns in shades of yellow, orange, and purple. A single feather, with yellow, purple, and white plumage, is positioned in the upper right corner. The text is centered within a white rectangular area that has a thin orange border.

**Are you going to believe what God's
Word says about you?**

**Or are you going to believe what
your past experiences tell you?**



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Romans 8:14-15

For all who are being led by the Spirit of God are sons of God... you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

Isaiah 62:2-4

The nations shall see your righteousness, and all the kings
your glory,

And you shall be called by a new name that the mouth of the
Lord will give.

You shall be a crown of beauty in the hand of the Lord, and a
royal diadem in the hand of your God,

You shall no more be termed Forsaken, and your land shall no
more be termed Desolate,

But you shall be called My Delight Is In Her, and your land
Married.



My new name is Beloved Colossians 3:12

My new name is Beautiful Psalm 149:4, Song of Songs 4:1

My new name is Chosen Ephesians 1:4

My new name is Precious Isaiah 43:4

My new name is Safe 1 John 5:18

My new name is Loved 1 John 4:10



My new name is Clean John 15:3

My new name is Presentable Hebrews 10:22

My new name is Protected Psalm 91:14, John 17:15

My new name is Welcomed Ephesians 3:12

My new name is Heir Romans 8:17, Galatians 3:29

My new name is Complete Colossians 2:10

My new name is Holy Hebrews 10:10, Ephesians 1:4



My new name is Forgiven Psalm 103:3, Colossians 2:13

My new name is Adopted Ephesians 1:5

My new name is Delight Psalm 147:11

My new name is Unashamed Romans 10:11

My new name is Known Psalm 139:1

My new name is Planned Ephesians 1:11-12



My new name is Gifted 2 Timothy 1:6, 1 Corinthians 12:11

My new name is Enriched 2 Corinthians 8:9

My new name is Provided For 1 Timothy 6:17

My new name is Treasured Deuteronomy 7:6

My new name is Pure 1 Corinthians 6:11

My new name is Established Romans 16:25

My new name is God's Work Of Art Ephesians 2:10



My new name is Helped Hebrews 13:6

My new name is Free From Condemnation Romans 8:1

My new name is God's Child Romans 8:15-16

My new name is Christ's Friend John 15:15

My new name is Christ's Precious Bride Revelation 19:7, Song of Songs 7:10



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Pause for thought 2

Which one of your “new names” particularly strikes a chord with you?

What could you do to make this truth real in your life?

How might knowing this truth in your heart rather than just your head affect how you relate to God and to others?

The background of the slide features abstract, swirling patterns in shades of yellow, orange, and red, resembling a stylized flame or a dynamic, fluid motion. A large, white rectangular box with a thin orange border is centered on the slide, containing the main text.

How do we **stay** free of sin?

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Your new identity is the key to knowing freedom from sin

We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin.

Romans 6:6-7



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Romans 6:6-7

Romans 6:11-14 NLT

So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus. Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

Romans 6:11-14 NLT

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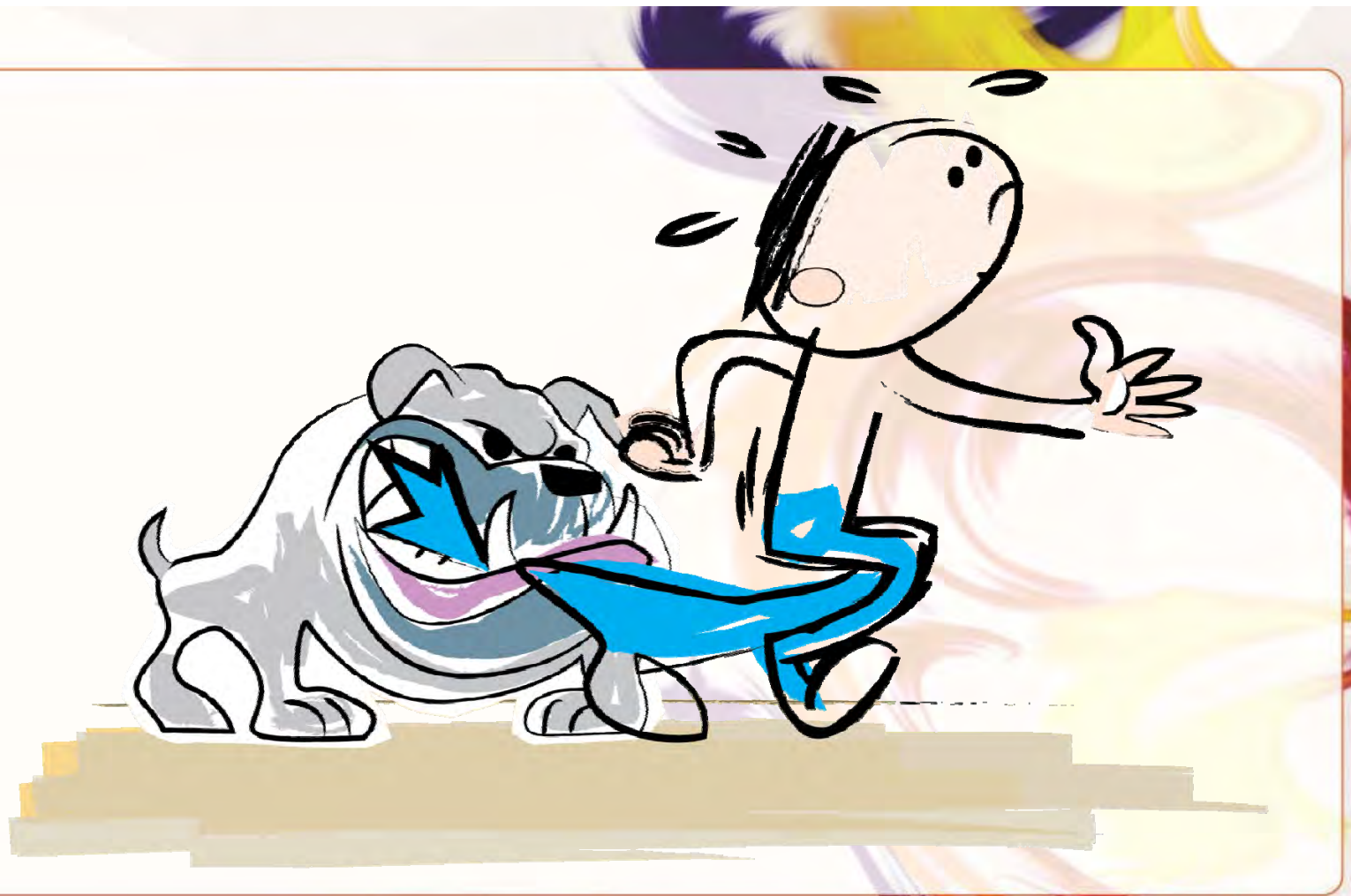
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Recognize the reality of the devil and resist him

Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7

We have renounced the things hidden because of shame. 2 Corinthians 4:2 NASB



Renew your mind

Do not be conformed to this world, but be transformed by the renewal of your mind.

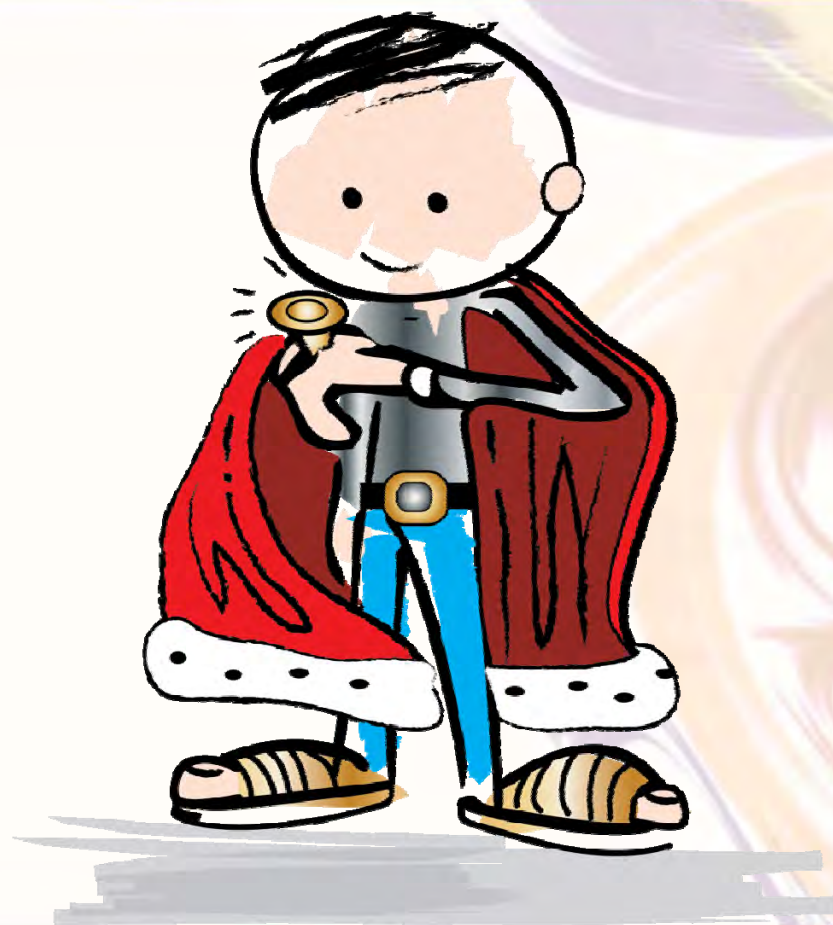
Romans 12:2

Pause for thought 3

What effect does it have on us, and those we are in relationship with, when we try to keep things hidden because we feel ashamed?

When we have fallen into sin, what are the steps we can take to enable us to recover from it?

How will considering yourself “dead to sin” change the way you respond the next time you are tempted to sin?



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