

SHAME INVENTORY PT. 2
ABUSE AND VICTIM SHAME

What happened?	How does it impact you?	How does the gospel apply?	What's next?
<p>What do you feel shame over that has been done to you? (Things you are not responsible for)</p>	<p>How does being the victim of these shameful acts affect you? How does it impact your relationship with God and others? Are you aware of any sinful patterns you've developed to cope?</p>	<p>How does Jesus' washing, covering and acceptance apply to the causes and the effects of your shame? (Consider Colossians 1:21-22 and 1 John 1:5-10.)</p>	<p>What does walking forward in the freedom and confidence of the gospel look like? Who do you need to forgive? What sinful coping mechanisms do you need to put to death?</p>