

SHAME OFF ME

Unashamed

SERIES BIG IDEA:

The truth of who we are in Jesus removes our toxic shame and gives us courage to be honest with God, ourselves, and each other.

We can't be honest when we are not secure.

Honesty is a reflection of trust.

I can't be perfect before God.

I am to be honest with Him.

TEACHING BIG IDEA:

I can be honest with God about my hang-ups, my hurts, and my destructive habits because I trust that He loves me.

⁵This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

⁸If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰If we claim we have not sinned, we make him out to be a liar and his word is not in us.

²¹My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. ²He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

1 John 1:5-2:2 (NIV)

I bring things into the light by first confessing to God.

- **I confess my pain.**
- **I confess my doubts.**
- **I confess my sins.**

When I turn toward Jesus, the true light, I find life.

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12 (NIV)

I am the way and the truth and the life.

John 14:6 (NIV)

Exposing what's true can hurt, but it heals.

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

Proverbs 28:13 (NIV)

My Notes

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