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For a long time, the voice of Shame sounds the same as the voice of God (aka the voice of Love) because both are heard through the portal of your heart.

The voice of Shame speaks to you about your inadequacies, your weaknesses, your dirty dirty secret thoughts, and builds a case about why you should hate yourself.

Religions are full of people who hate themselves.

You can tell if someone hates themselves because they read their sacred texts through the filter of Shame.

They run everything through the filter of inadequacy.

People. Existence. Especially God.

But to listen to the voice of God is to listen to the voice of Love, and Love sits with you in your inadequacies, your weaknesses, your dirty dirty secret thoughts, and builds a case that nothing... nothing.... can separate you from Love.

Religions are full of people who know they are Beloved.

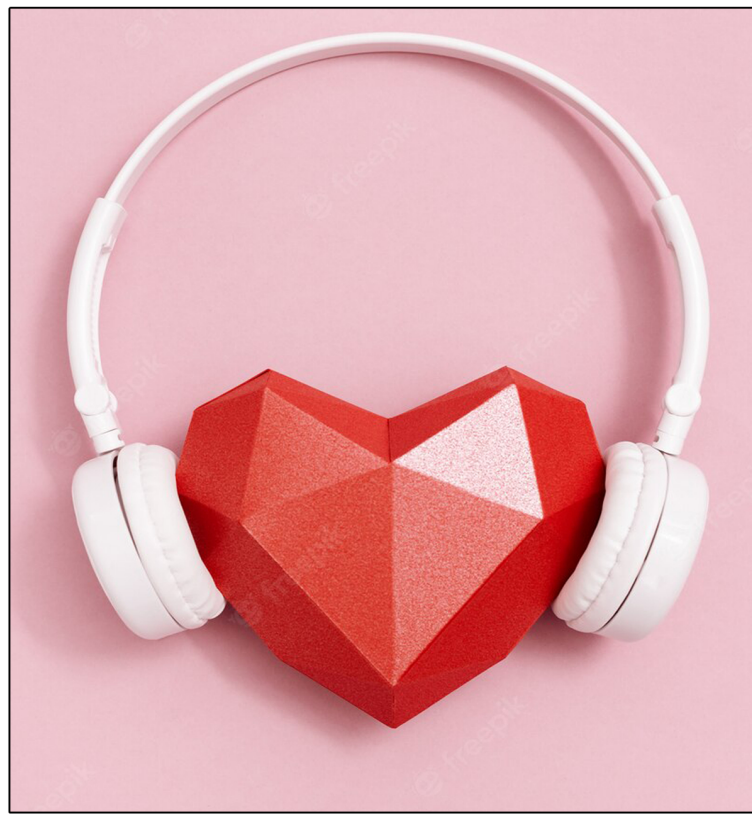
You can tell if someone knows they are Beloved because they read their sacred texts through the filter of Love.

They run everything through the filter of belovedness.

People. Existence. Especially God.

For a long time the voice of Shame sounds the same as the voice of Love.

You will know the difference when you stop seeing everything as fallen but everything as beloved.



Did you grow up in the church? How do you relate with the reflection about Shame vs Love on the other side of the handout?

What voices of shame have you heard in your life?

Open your Bible app and read the Parable of the Prodigal Son - Luke 15:11-32. Which son do you relate to?

Have you ever been "should on"? (you SHOULD do this)

Now read about the thieves on the cross with Jesus - Luke 23:39-43. Read vs 43 again, slowly.

Take a moment to reflect on the scandal of God's grace.

When have you experienced grace?

Have you ever had a person withhold grace and judge you?

If so, how did that make you feel?

What themes do you recognize and relate to in the songs?

If this entire playlist was a story, what's the overall narrative?

What is your place in that story?

How do you experience God's grace, love and freedom?

You can listen to a modified version of tonight's playlist on Spotify at www.bit.ly/shamevslove