

Shame doesn't just say, "_____." Shame says, "_____."

Get Real Stats

- _____% of American adults started the year trying to change at least one habit.
- Psychologists estimate about _____% of our daily behavior is habitual.
- National health data shows _____ in _____ people have a substance use disorder.
- The majority of people experience _____ around their struggles and failures.
- _____ and _____ bring positive effects in the majority of cases.

"Adam and his wife were both naked, and they felt no _____." (Genesis 2:25)
"I heard you in the garden, & I was _____ because I was _____; so I _____." (Genesis 3:10)

Chains lose their power when they are _____ in the presence of _____.

Scriptures to Break Chains

Genesis 2:25 (NIV) Adam and his wife were both naked, and they felt no shame.

 **Goal:** At least once today, thank God that His original design for you is to be fully seen and fully loved without shame.

Genesis 3:10 (NIV) He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

 **Goal:** When you feel like hiding this week, tell God honestly what you're afraid of instead of pulling away.

John 8:34-36 (NIV) Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed."  **Goal:** Pray, "Jesus, I bring You this chain _____; I believe You are the One who truly sets me free."

Romans 8:1 (NIV) Therefore, there is now no condemnation for those who are in Christ Jesus.

 **Goal:** Each time shame hits this week, quietly say, "In Christ, there is no condemnation for me," and breathe that truth in.

James 5:16 (NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.  **Goal:** Share one honest struggle with a trusted believer this week and ask them to pray with you, not just for you.

2 Timothy 1:16 (NIV)

May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.

 **Goal:** Intentionally move toward, not away from, someone else's struggle this week with a text, call, or prayer that says, "I'm not ashamed of your chain; I am with you."



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SUNDAY FEB 8 - 5:00 PM



FREE ENTRY - BRING A FRIEND



Real change doesn't come from shame.
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You don't have to figure this out alone. 🧡
Join us for the Breaking Chains series! ❤️

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Mission: Help people FIND & FOLLOW Jesus Christ.

