

## "CLAIM VICTORY OVER SHAME" EXERCISE

1. Write one piece of shame you are hiding in your life.
2. How is it affecting you? How does it affect your relationships? How is it holding you back from living a joy-filled life?
3. What will happen if you claim victory over this shame?
4. Read this statement, filling in the blank with your piece of shame. Then read the following verses aloud.

I am not \_\_\_\_\_. It does not define who I am. I will not let it have power over my life. I am beautiful and complete because I am uniquely and wonderfully made. Nothing I have done or nothing anyone has said or done to me can diminish my value in the eyes of God.

*“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*

*“God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we’ve done wrong.” ~1 John 1:9, GW*

*“You will again have compassion on us.  
You will overcome our wrongdoing.  
You will throw all our sins into the deep sea.” ~Micah 7:19, GW*

*“I can do everything through Christ who strengthens me.” ~Philippians 4:13, GW*

5. Pray, taking your feelings of shame to God and laying them at His feet. Physically open your hands, palms up, releasing the shame and letting go of your pain. Thank Him for bearing your shame, for setting you free to live a life that is made new through His redemptive love. Thank Him for making you a conqueror instead of a slave. Commit to living as a new creation through God’s strength and mercy.
6. Share your story with at least one person you trust, bringing your darkness to light. Shame loses its power over us when we share and gives others the permission to reveal their pain and begin their own healing process. Ask God for the courage you need to be vulnerable, and open when the Holy Spirit moves you. You don’t have to tell the entire world; start with one trusted friend, family member, therapist, or coach. Remember, shame grows in secrecy and silence.
7. Repeat these steps for any other shame that you need to cleanse from your life.