DISCIPLE BLUEPRINT • DIGITAL BUNDLE

Trading the Lie for the Truth

The Complete Identity & Shame Bundle

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Scripture taken from the New Living Translation (NLT)

PART 1

Extended Teaching Guide

INTRODUCTION

The Voice That Never Stops

If you are holding this bundle, something I said this week landed. Maybe it was the report card story — nine years of straight A's and one C and a mother who made me feel like a complete failure. Maybe it was the bowling alley, 299 out of 300, pro bowlers offering congratulations and the one person whose pride I desperately wanted offering criticism instead. Maybe it was the divorce, being twenty-three years old and alone and a single father and for the first time in my life just lying down and accepting the verdict.

Or maybe it was the Monday morning voices. The ones that sound like this: I told you this wouldn't work. Nobody is reading or listening. Why do you think you have anything worth saying? Because those voices are forty years old. They just found a new topic.

Whatever brought you here — you recognized something. And that recognition matters, because you cannot fight something you have never named.

This guide is going to go deeper than the podcast did. We are going to look at where shame comes from, what it does to you, what God says about it, and what healing actually looks like —

not as a formula, but as a process that Scripture describes and that real people have walked through. Including me.

A PASTORAL NOTE

A note before we go further. This guide is a biblical and spiritual resource. It is not a substitute for professional care. God has called and equipped Christian counselors, therapists, and doctors to do work that a book cannot do. Proverbs 11:14 says there is safety in having many advisers. Reaching out to a professional is not a sign of weak faith or failure — it is wisdom. If what you are carrying feels bigger than what these pages can hold, please talk to someone. That is not giving up. That is exactly what wise people do.

PART ONE

Why Does the Lie Feel More True Than the Truth?

This is the question I spent years not knowing how to answer. I knew Romans 8:1. There is no condemnation for those who are in Christ Jesus. I had read it. I had taught it. I believed it Biblically. And yet on a Monday morning when the voices were loud and the numbers were small and I was still at my desk at seven in the evening, I felt condemned. I felt like exactly what they said I was.

How does that happen? How can you know something is true and still not live from it?

The answer starts further back than most of us think.

GENESIS 3:7-10 (NLT)

At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. Then the Lord God called to the man, "Where are you?" He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."

Shame did not begin with your mother or your ex-spouse or your worst failure. It began in a garden when sin entered the world and the very first human response was to hide. Adam and Eve did not feel guilt alone — they felt exposure. They felt the gap between who they were meant to be and what they had become. And that gap felt so unbearable that the only response was to cover it and run.

That is shame's first move and it has not changed. It convinces you that the gap between who you are and who you should be is so large, so permanent, so visible to everyone around you that the only safe option is to cover up and stay hidden. And here is what makes it feel so true: you actually feel the gap. The feeling is real. The shame takes that real feeling and turns it into a verdict about your permanent identity.

Notice what God did. He did not hide. He came looking. Where are you? Not because He did not know. Because He wanted them to stop running. That pattern has not changed either. Shame tells you to hide from God. God has never once stopped moving toward you.

> **ROMANS 7:15, 18-19 (NLT)**
> *I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate... I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.*

Paul wrote those words. Not a struggling new believer. The apostle Paul, author of most of the New Testament, missionary, pastor — and he said I do not understand myself. I want to do what is right and I do not do it. He is describing the exact experience that shame exploits — the gap between intention and reality, between who you want to be and what you actually do.

This is important: Paul did not conclude from that experience that he was beyond help or permanently disqualified. He concluded that he needed a rescuer. Romans 7 leads directly into Romans 8:1 — no condemnation — because the person who knows they cannot save themselves is the exact person the gospel is for.

The lie feels true because the gap is real. But the lie draws the wrong conclusion from a real feeling. The gap is not evidence that you are beyond redemption. It is evidence that you need one.

> **TRUTH**
> The lie takes a real feeling — the gap between who you are and who you should be — and turns it into a permanent verdict. But Paul felt that gap too. And he did not conclude he was disqualified. He concluded he needed a rescuer. That is the right conclusion.

PART TWO

Where Did My Specific Shame Come From?

Shame does not arrive from nowhere. It has a source. And for most of us it has several. Understanding where yours came from does not excuse the lie, but it does help you see it for what it is — a wound that formed in a specific moment or season, not the eternal truth about who you are.

Shame From Family of Origin

Some of us learned shame before we had words for it. A parent who compared you to a sibling. A home where love felt conditional on performance. Words spoken in anger that settled into your identity like concrete. I know this one personally. From first grade through ninth grade I made straight A's. In tenth grade I got a C in geometry — not because I stopped trying, but because I went and found my old algebra teacher and asked for help, worked through it, and pulled A's for the rest of the year. I brought that report card home proud of how I had fought back.

My mother looked at that C and tore me apart. The A's did not exist in that conversation. The initiative I showed in getting help did not exist. Only the failure. I was fifteen years old and the message that settled into me was not I made a mistake — it was I am a mistake.

That kind of shame is particularly stubborn because it comes in the voice of someone who was supposed to love you unconditionally. When conditional love is the only love you know, you begin to assume that is how all love works — including God's. It is not. But you have to be shown that specifically, repeatedly, before it breaks through.

Shame From Failure

Sometimes shame does not need a critical parent. It just needs a moment that goes badly wrong. A marriage that ended. A career that collapsed. A moral failure you cannot stop replaying. A decision you made that hurt someone you love.

I was the first person in my family to get a divorce. I was twenty-three years old. Single father. Eighteen-month-old son. And for the first time in my life I stopped arguing with the verdict my mother had been handing down since I was a child. The divorce felt like the final piece of evidence. You were right. I am exactly what you said.

Failure-based shame is powerful because it has evidence. It can point to something that actually happened. But the lie is in the conclusion it draws — that a moment of failure reveals a permanent condition of worthlessness. That is not what the moment reveals. It reveals that you are human, that you live in a broken world, and that you need grace. Which is exactly what the gospel provides.

Shame From What Was Done to You

Not all shame comes from your own choices. Some of it was put on you. Abuse. Neglect. Words spoken over you by someone with authority in your life. Being publicly humiliated. Being told you were not enough by the very people who should have told you that you were.

On Easter Sunday when I was thirty years old, I brought Wendy — the woman who would become my wife and the love of my life — to my mother's house for dinner. In the middle of the meal my mother looked directly at Wendy and said, in front of everyone at the table, "You are too good for him." I was completely humiliated in front of the woman I was falling in love with. The woman I would spend thirty-four years of my life with.

Wendy disagreed. She stayed. She loved me in ways I am still grateful for. But that moment left a mark — because shame that is spoken over you in public, by someone with authority, is particularly difficult to dislodge. It feels official. It feels witnessed. It feels like a verdict that was delivered, not just felt.

If your shame came from what someone did to you or said about you — hear this clearly. Their words do not have judicial authority over your identity. Only one voice does. And that voice says chosen, adopted, redeemed, beloved. Every time.

> **ISAIAH 54:4 (NLT)**
>
> *Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth and the sorrows of widowhood.*

God spoke that through Isaiah to people who had been publicly shamed — a nation in exile, humiliated before the watching world. And He said: you will no longer remember the shame of your youth. Not you will learn to manage it. Not you will slowly feel a little better. You will no longer remember it. That is the scope of what God intends for the shame that was put on you by someone else.

PART THREE

What Does Healing Actually Look Like?

I want to answer this honestly, which means I have to start by saying what healing does not look like. It does not look like a moment where all the shame disappears and you never feel it again. It does not look like a prayer that erases the memory. It does not look like pretending the wound was not real or the voice was not loud or the damage was not done.

The most honest picture of shame healing in all of Scripture is a story about charcoal fire.

> **JOHN 21:9, 15-17 (NLT)**
> *When they got there, they found breakfast waiting for them — fish cooking over a charcoal fire, and some bread... After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. Jesus repeated the question: "Simon son of John, do you love me?" "Yes, Lord," Peter said, "you know I love you." "Then take care of my sheep," Jesus said. A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep."*

John's gospel records only two charcoal fires. The first one is in the courtyard where Peter denied Jesus three times. The second one is on the beach in John 21 where Jesus asked Peter three questions. This is not coincidence. Jesus deliberately brought Peter back to the sensory setting of his worst moment — the smell of charcoal smoke, the warmth of the fire, the weight of what had happened there — and He met him in it.

Three denials. Three questions. One for each failure. Not to reopen the wound but to heal it in the exact place it formed. And notice what Jesus did not do. He did not lower Peter's calling. He did not say "given what you did, I think we need to scale back your role." He reaffirmed the commission. Feed my lambs. Take care of my sheep. Feed my sheep. Go be the person I called you to be.

The man who wept in shame in a courtyard became the man who stood up at Pentecost and preached to thousands. That is not despite the failure. It is through the healing that happened at a charcoal fire on a beach, when Jesus walked him back to the place of the wound and spoke restoration directly into it.

Healing looks like that. It looks like Jesus going back to the specific place — the specific lie, the specific shame — and speaking truth directly into it. Not over it. Into it.

PAUSE & REFLECT

Where is your charcoal fire? What is the specific moment or season where shame took root in your life? Jesus is not afraid of that place. He is the one who built a fire and made breakfast and waited for you there.

Healing also looks like time. It looks like repetition. It looks like coming back to the truth on the mornings when the lie is loudest. I have been at this for over twenty months — writing, recording, publishing, showing up. And some Monday mornings the voices are still there. I told you this wouldn't work. Nobody is listening. Who do you think you are?

But I have been doing what this bundle is designed to help you do. I name it. I replace it with Scripture. I say the declaration out loud. And I do the next faithful thing. Some days that is all the healing looks like — just not quitting when the voice says quit.

That is not weakness. That is exactly what Romans 12:2 describes. Renewing is not a moment. It is a practice. And every time you choose the truth over the lie, you are being transformed. One declaration at a time.

PART FOUR

How Do I Keep Going When the Lie Comes Back?

2 CORINTHIANS 10:5 (NLT)

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Paul calls thoughts "proud obstacles that keep people from knowing God." Not feelings. Thoughts. Thoughts that claim authority they do not have. Thoughts that present themselves as verdicts. Thoughts that sound so familiar and so reasonable that they feel like truth.

And Paul says: capture them. Do not ignore them. Do not wait for them to stop. Capture them — which means you confront them directly, identify what they are claiming, and refuse to let that claim stand. Then you teach them to obey Christ, which means you replace the claim with something that is actually true.

This is spiritual warfare. It requires a weapon. And God gave you one.

HEBREWS 4:12 (NLT)

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

The word of God cuts between soul and spirit. Between what you feel and what is real. Between the verdict shame handed down and the verdict God declared at the cross. When you speak Scripture out loud against a lie, you are not doing a self-help exercise. You are using the

weapon God described in Hebrews 4 — something alive and powerful and able to get between the lie and your identity.

Here is what this looks like practically on a hard day. The voice shows up. You hear it. You name it — this is a lie, it is a proud obstacle, it does not have authority over who I am. You find the Scripture. You say the declaration out loud. You do the next faithful thing. That is the whole battle plan. It is not complicated. It is just difficult. And it requires you to pick up the weapon every time the lie comes back.

> **ROMANS 12:2 (NLT)**
> *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Transformation happens through renewal. Renewal is not a one-time event — it is the repeated replacement of the old with the new until the new becomes the louder voice. The lie has had years, maybe decades, of rehearsal. The truth will need repetition too. That is not a sign that something is wrong. That is just how renewal works.

Keep going. The harvest is real. You just do not always see it on your timeline.

> **TRUTH**
> You are not what your wounds say. You are not the verdict shame handed down in your worst season. You are who God says you are — chosen, adopted, redeemed, known, sealed. And He has not changed His mind.

PART 2

21-Day Shame & Identity Journal

HOW TO USE THIS JOURNAL

One Day at a Time

Each day has one Scripture, one reflection question, and one declaration. The question is not designed to have a right answer — it is designed to get you honest. Write whatever is actually true, not what you think you should write. God already knows. You might as well put it on paper.

The declaration at the end of each day is meant to be said out loud, not just read silently. There is something that happens when you speak truth into the air — you are taking a thought captive, the way Second Corinthians 10:5 describes. Say it. Even if it does not feel true yet. Especially then.

The first seven days address the seven lies directly — one per day. The second week moves into identity, one truth about who you are in Christ per day. The third week focuses on living from that identity in the specific circumstances of your real life. Do not skip ahead. The foundation matters.

Week One — Naming the Lies

DAY 1 I Am Not Enough

> **EPHESIANS 1:4-5 (NLT)**
> *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.*

TODAY'S QUESTION

The lie says your worth depends on your performance. The truth says God chose you before performance was even possible. Where is the 'not enough' voice loudest in your life right now — and whose voice does it sound like?

> **SAY THIS OUT LOUD**

“God chose me before the world existed. My worth was settled before I ever had a chance to fail. I am not working toward acceptance — I am already accepted in Christ.”

DAY 2 My Past Defines Me

2 CORINTHIANS 5:17 (NLT)

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

TODAY’S QUESTION

What is the specific moment or season from your past that shame keeps bringing back as evidence against you? Write it down — then write next to it: the old is gone.

SAY THIS OUT LOUD

“I am a new creation in Christ. My past is part of my story but it is not my identity. The old is gone. A new life has begun.”

DAY 3 God Is Disappointed in Me

ROMANS 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

TODAY’S QUESTION

Condemnation is a legal verdict. Paul says for those in Christ, the verdict is already in — and it is not guilty. In what area of your life do you most feel like God is watching you with disappointment? How does Romans 8:1 speak directly to that?

SAY THIS OUT LOUD

“There is no condemnation for me because I belong to Christ Jesus. God is not keeping score against me. The verdict has been rendered and it is in my favor.”

DAY 4 I Am Too Broken to Be Fully Loved

PSALM 139:13-14 (NLT)

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous — how well I know it.

TODAY'S QUESTION

God made every part of you — including the parts you hide — and called His work marvelous. What is the part of yourself you most want to keep hidden? What would it mean to believe that God already sees it and calls it marvelous?

SAY THIS OUT LOUD

"God knit me together and called His work marvelous. He sees all of me — the broken parts included — and He has not walked away. I am fully known and fully loved."

DAY 5 I Will Never Change

PHILIPPIANS 1:6 (NLT)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

TODAY'S QUESTION

Paul says he is certain God will finish what He started in you. Not hopeful — certain. What area of your life have you given up on changing? Write a prayer giving that area back to the One who is still working.

SAY THIS OUT LOUD

“God started something in me and He will finish it. I am not a finished product — I am a work in progress in the hands of Someone who does not quit. Change is not only possible. It is promised.”

DAY 6 What I Do Does Not Matter

GALATIANS 6:9 (NLT)

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

TODAY’S QUESTION

The lie says your faithfulness is producing nothing. Scripture says the harvest is real — you just do not always see it on your timeline. What is one area where you have been faithful and not yet seen fruit? Write a prayer choosing to trust the harvest.

SAY THIS OUT LOUD

“God promised that faithful work produces a harvest in His timing. I do not have to see the fruit to know the seed is real. I will not give up before the harvest comes.”

DAY 7 If I Died, No One Would Care

MATTHEW 10:29-31 (NLT)

What is the price of two sparrows — one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.

TODAY’S QUESTION

Jesus said not a single sparrow falls without your Father knowing. He knows the number of hairs on your head — not approximately, exactly. That is not the attention of Someone who would not notice if you were gone. Write honestly: where does this lie come from in your life, and what does the specific attention of God mean for it?

SAY THIS OUT LOUD

“God knows every hair on my head. Not a sparrow falls without His notice — and I am worth more to Him than many sparrows. I am seen. I am known. I am not invisible to the One who matters most.”

A PERSONAL NOTE

If today's lie — "if I died, no one would care" — has moved beyond a feeling into something darker, please stop and talk to someone today. A pastor, a counselor, a trusted friend, a crisis line. Reaching out is not giving up. It is the wisest thing you can do. God has called and equipped people to walk this road with you. Let them.

Week Two — Knowing Who You Are

DAY 8 You Are Chosen

1 PETER 2:9 (NLT)

But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.

TODAY’S QUESTION

Peter wrote this to ordinary people, not religious elites. Chosen. Royal. Holy. God's own possession. Which of those words is hardest for you to apply to yourself today, and why?

SAY THIS OUT LOUD

“I am chosen by God. I am His possession. He called me out of darkness into light — not because I earned it, but because He wanted me.”

DAY 9 You Are Forgiven

COLOSSIANS 1:13-14 (NLT)

For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins.

TODAY'S QUESTION

Forgiveness here is described as a purchase — it cost something. Your sins were not overlooked; they were paid for. What is the specific sin or failure you have the hardest time believing is fully forgiven? Write it down, then write "purchased" next to it.

SAY THIS OUT LOUD

"I have been rescued and transferred. My sins were not overlooked — they were paid for. I am fully forgiven because Someone fully paid."

DAY 10 You Are Loved Without Condition

ROMANS 8:38-39 (NLT)

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears about today nor our worries about tomorrow — not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below — indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

TODAY'S QUESTION

Paul lists every category of threat and says none of them separates you from God's love. Not your fears. Not your failures. Not your worst day. What is the thing you have believed might finally push God away? Write it here — then write "nothing" next to it.

SAY THIS OUT LOUD

"Nothing in all creation can separate me from the love of God. Not my past, not my failures, not my worst day. Nothing. I am loved without condition."

DAY 11 You Are Seen

HAGAR — GENESIS 16:13 (NLT)

> *Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, "You are the God who sees me." She also said, "Have I truly seen the One who sees me?"*

TODAY'S QUESTION

Hagar was a slave, alone in the desert, rejected and forgotten — and God showed up and spoke to her. She named Him El Roi — the God who sees me. When do you feel most invisible? What would it mean to believe that in that exact moment, God sees you?

SAY THIS OUT LOUD

"I serve El Roi — the God who sees me. In my loneliness, in my obscurity, in the moments I feel most invisible — I am seen by the One who matters most."

DAY 12 You Are Not Condemned

JOHN 8:10-11 (NLT)

Then Jesus stood up again and said to the woman, "Where are your accusers? Didn't even one of them condemn you?" "No, Lord," she said. And Jesus said, "Neither do I. Go and sin no more."

TODAY'S QUESTION

The religious leaders brought this woman to be condemned. Jesus sent them away and refused to condemn her. Who in your life has functioned as an accuser — someone whose verdict you have been living under? Write their name, then write Jesus's words over it: Neither do I condemn you.

SAY THIS OUT LOUD

"Jesus looked at the one everyone else condemned and said: neither do I. That is what He says to me. I refuse to live under a verdict He has already dismissed."

DAY 13 You Are Being Renewed

2 CORINTHIANS 4:16-17 (NLT)

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!

TODAY'S QUESTION

Paul says our spirits are being renewed every day. Not occasionally. Not eventually. Every day. What does renewal look like for you today — even in a small way? What is one sign that God is still working?

SAY THIS OUT LOUD

"My spirit is being renewed every single day. The hard season I am in is producing something that will outlast it. I will not give up — because God has not given up on me."

DAY 14 You Are Held

ISAIAH 41:10 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

TODAY'S QUESTION

Four promises in one verse: I am with you, I am your God, I will strengthen you, I will hold you up. Which of those four do you need most today? Write about why.

SAY THIS OUT LOUD

"God promises to hold me up with His victorious right hand. I do not have to hold myself together. I am held by Someone stronger than the thing trying to pull me down."

Week Three — Living From Who You Are

DAY 15 Living From Acceptance, Not For It

EPHESIANS 2:10 (NLT)

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

TODAY'S QUESTION

You are God's masterpiece — not His project, not His problem, not His disappointment. His masterpiece. The good things He has for you were planned before you were born. How would you live differently today if you fully believed you were doing those things from a place of acceptance rather than trying to earn it?

SAY THIS OUT LOUD

"I am God's masterpiece. The work I do flows from who He made me to be — not from trying to prove I am worth something. I am already worth something. Now I get to live from that."

DAY 16 When the Old Voice Returns

2 CORINTHIANS 10:5 (NLT)

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

TODAY'S QUESTION

The lie will come back. That is not failure — that is the battle. Paul says capture it. Name the lie that came back this week. Write it down. Then write the Scripture that answers it. Then write the declaration. Practice the capture.

SAY THIS OUT LOUD

“I do not have to accept every thought that arrives. I have the authority to capture lies and teach them to obey Christ. The lie does not get the last word — the Word does.”

DAY 17 Doing the Faithful Thing

MATTHEW 25:21 (NLT)

The master said, "Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!"

TODAY’S QUESTION

The master praised faithfulness, not results. Not the size of the harvest — the faithfulness of the servant. What is the faithful thing in front of you today that the voices are telling you is not worth doing? Write it down. Then do it.

SAY THIS OUT LOUD

“God rewards faithfulness, not success. I will do the next faithful thing — not because I can see the outcome, but because He can. Well done is the finish line I am running toward.”

DAY 18 Telling the Truth About Yourself

PSALM 51:6 (NLT)

But you desire honesty from the womb, teaching me wisdom even there.

TODAY’S QUESTION

David wrote Psalm 51 after his worst failure. He was brutally honest with God about what he had done — and he did not hide. God desires honesty from deep within. What are you currently hiding from God about yourself? Write it. He already knows. You might as well say it.

SAY THIS OUT LOUD

> *“God wants my honesty more than my performance. I will stop managing my image before Him and start being real with Him. He can work with honesty. He cannot work with pretending.”*

DAY 19 Forgiving What Was Spoken Over You

> **MATTHEW 6:14-15 (NLT)**
> *If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.*

TODAY’S QUESTION

The voice that handed down the verdict about you belongs to a specific person. Forgiveness does not mean what they said was acceptable. It means you release the hold their verdict has over your identity. Who do you need to forgive for the shame they gave you? Write their name. Write a prayer releasing them.

> **SAY THIS OUT LOUD**
> *“I release the hold that person's words have over my identity. Their verdict is not the final word. I forgive them — not because what they said was right, but because I refuse to carry their words as truth any longer.”*

DAY 20 Walking in the Light

> **1 JOHN 1:7 (NLT)**
> *But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.*

TODAY’S QUESTION

Shame drives you into hiding. The light of God invites you out. Walking in the light means letting yourself be known — by God and by safe people around you. Who in your life knows the real version of your struggle? If no one does, what is one step toward changing that?

SAY THIS OUT LOUD

"I was not made to hide. I was made to walk in the light — known by God, connected to His people, cleansed by the blood of Jesus. Shame loses its power in the light. I am choosing the light."

DAY 21 Still Showing Up

LAMENTATIONS 3:22-23 (NLT)

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

TODAY'S QUESTION

You made it to day twenty-one. That is not nothing. Every day you showed up and did this work, you were practicing renewal. His mercies begin afresh each morning — which means tomorrow is another day to show up, to name the lie, to say the declaration, to do the faithful thing. What has changed in you over these twenty-one days? Write it. Even something small counts.

SAY THIS OUT LOUD

"His mercies are new every morning. I am not the same person I was on day one — because renewal is real and God is faithful. I will keep showing up. The harvest is coming."

PART 3

Declaration Cards

HOW TO USE THESE CARDS

Print, Cut, and Place

Print this page, cut the cards apart along the borders, and put them somewhere you will see them every day. Mirror. Refrigerator. Dashboard. Desk. The goal is to make the declaration the first thing you say when the lie shows up — not something you have to go find. When you can say it from memory, you have renewed your mind on that specific truth.

Each card has the lie it answers, the declaration to speak, a one-line anchor to remind you why it is true, and the Scripture reference. Read the Scripture when you need the full weight of it. Say the declaration when the voice shows up.

WHEN THE LIE SAYS:

"I am not enough and I never will be."

DECLARE:

"God chose me before the world existed. My worth is settled."

Ephesians 1:4-5

Your worth was decided in eternity, not by your performance.

WHEN THE LIE SAYS:

"My past disqualifies me."

DECLARE:

"I am a new creation. The old is gone. A new life has begun."

2 Corinthians 5:17

In Christ, your past is part of your story — not your identity.

WHEN THE LIE SAYS:

"God is disappointed in me."

DECLARE:

"There is no condemnation for me. I belong to Christ Jesus."

Romans 8:1

The verdict was rendered at the cross — and it is in your favor.

WHEN THE LIE SAYS:

"I am too broken to be fully loved."

DECLARE:

"God sees all of me and has not walked away. I am fully known and loved."

Psalm 139:13-14

He made every part of you and called His work marvelous.

WHEN THE LIE SAYS:

"I will never change."

DECLARE:

"God started something in me and He will finish it."

Philippians 1:6

You are a work in progress in the hands of Someone who does not quit.

WHEN THE LIE SAYS:

"What I do doesn't matter."

DECLARE:

"Faithful work produces a harvest in God's timing. I will not give up."

Galatians 6:9

The fruit is not always visible at the same time as the seed.

WHEN THE LIE SAYS:

“If I died, no one would care.”

DECLARE:

“God knows every hair on my head. I am seen by the One who matters most.”

Matthew 10:29-31

Not a sparrow falls without your Father knowing it — and you are worth more.

WHEN THE LIE SAYS:

“I have to earn God's love.”

DECLARE:

“Nothing in all creation can separate me from the love of God.”

Romans 8:38-39

His love is not a reward for performance. It is a fact about who He is.

WHEN THE LIE SAYS:

“I am beyond forgiveness.”

DECLARE:

“I have been rescued and transferred. My sins were purchased — fully paid.”

Colossians 1:13-14

Forgiveness was not free. It cost the cross. It is complete.

WHEN THE LIE SAYS:

“The voices are probably right.”

DECLARE:

“I capture every thought that contradicts who God says I am.”

2 Corinthians 10:5

You have a weapon. Pick it up. The lie does not get the last word.

PART 4

Prayer Guide: Praying Through Shame

A NOTE BEFORE YOU PRAY

You Do Not Have to Clean Up Before You Come

The prayer guide you are holding is not for people who have their shame figured out. It is for people in the middle of it. People who hear the voice and sometimes believe it. People who know what Scripture says and still feel the gap between the truth and their daily experience.

Honest prayer is not a sign of weak faith. It is a sign of real faith. Jesus did not rebuke the father who said "I do believe, but help me overcome my unbelief." He honored it. Bring what you actually have. God is not waiting for a polished version of you before He engages.

Work through these prayers in order the first time. After that, return to whichever one fits where you are on a given day. Some days you will need the prayer for when the voice is loudest. Some days you will need the one for when you do not believe the declaration yet. All of them are here.

SCRIPTURAL FOUNDATION

What Scripture Says About Praying Through Shame

> **HEBREWS 4:15-16 (NLT)**
> *This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

Shame tells you to hide from God. Hebrews 4 says the opposite — come boldly. Not because you have it together, but because the One on the throne understands your weakness from the inside. He faced the same testings. He knows what it feels like. And the invitation is not "come when you are better." It is "come and receive mercy when you need it most."

> **PSALM 34:18 (NLT)**
> *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.*

David wrote this as someone who knew what a crushed spirit felt like. He did not write "the Lord is close to the people who have it together." He wrote close to the brokenhearted. That is not a consolation prize — that is a promise about where God specifically moves. Toward the broken. Which means your brokenness is not a barrier to His presence. It is the address He is looking for.

> **ROMANS 8:26-27 (NLT)**
> *And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.*

On the days when the shame is heaviest and you do not know what to say — the Holy Spirit is already saying it. You do not have to produce the right words. You just have to show up. The Spirit covers the rest.

STEP BY STEP

How to Pray Through Shame

Step 1 — Come honestly. Do not start with the right words. Start with the true ones. Tell God exactly where you are — what the voice has been saying, what you have started to believe, what it feels like today. He already knows. But something shifts when you say it out loud to Him rather than just carrying it.

Step 2 — Name the specific shame. Not just "I have been struggling." The specific lie. The specific memory. The specific person whose voice you have been hearing. Psalm 51 shows us David being brutally specific about his sin. God can work with specifics. He is not surprised by them.

Step 3 — Bring it to the cross. This is where the prayer shifts from naming the wound to applying the remedy. Jesus endured the cross, despising its shame — Hebrews 12:2. He did not avoid humiliation. He absorbed it. Ask Him to absorb yours now. The cross is not a theological concept; it is a specific place where your specific shame was carried.

Step 4 — Receive what He declared. Romans 8:1 — no condemnation. Ephesians 1 — chosen. Colossians 1 — forgiven. Speak these out loud in your prayer as declarations, not requests. You are not asking God to accept you. You are thanking Him for what He has already declared.

Step 5 — Ask for the courage to live from it. The gap between knowing truth and living from it is where most of us get stuck. Ask God specifically to help you live from your identity in Christ on this specific day in this specific circumstance. Romans 12:2 — transform my mind. That is a prayer He is glad to answer.

Step 6 — Close with surrender, not resolution. You may not leave the prayer feeling completely free from the shame. That is okay. Close by surrendering the outcome to God — "I

trust You with this even when I cannot feel the freedom yet." That is not defeat. That is faith that does not require feelings to function.

SAMPLE PRAYERS

Six Prayers for Six Moments

Prayer 1 — When the Voice Is Loudest

> *God, the voice is loud today. Louder than usual. It sounds so reasonable — like it is just telling me the truth about myself. I know it is a lie but I cannot feel the difference right now. I am bringing it to You anyway. I am not going to hide. The voice says I am not enough, that my past disqualifies me, that You are disappointed in me. Romans 8:1 says there is no condemnation. I am choosing that truth over the feeling, even when they do not match. Help me hold onto what You have declared when I cannot feel it. Amen.*

Prayer 2 — When a Past Failure Resurfaces

> *Father, the memory is back again. The thing I did, or the thing that was done to me, or the season that broke me — it surfaced today and it brought the old feelings with it. I know You do not hold it over me. Second Corinthians 5:17 says the old is gone. But my mind keeps returning to it like it is evidence of something permanent. Help me believe that gone means gone. Help me live in the new life that has already begun rather than camping in the wreckage of what is past. I surrender that memory to the cross today. Amen.*

Prayer 3 — When You Feel Disqualified

> *Lord, I feel like I should not be the one doing this. Like someone better, someone cleaner, someone with a better track record should be doing what I am doing. The voice says I am disqualified — by my past, by my failures, by what I know about myself that others do not. But You called Peter from the charcoal fire. You called Paul from persecuting the church. You called Moses from the backside of the wilderness. You have a history of calling the disqualified. I am choosing to trust that call over the voice that says I do not deserve it. Use me in spite of myself. Amen.*

Prayer 4 — When You Do Not Believe the Declaration Yet

> *God, I am going to say this even though I do not fully believe it yet. I am chosen. I am forgiven. There is no condemnation for me. I am fully known and fully loved. I am a new creation. I am*

saying these things because Your word says they are true, not because I feel them. Like the father in Mark 9 who said I believe — help my unbelief. I am bringing You my partial faith and asking You to make up the difference. Meet me here, in the gap between what I know and what I feel. Amen.

Prayer 5 — When the Shame Came From Someone Else

Father, I have been living under a verdict that was spoken by someone who did not have the authority to speak it. I have carried their words like they were final — like they outweighed everything You have said about me. Today I am choosing to release them. Not because what they did was right. Not because it did not hurt. But because I refuse to let their voice be louder than Yours. Isaiah 54:4 says I will no longer remember the shame of my youth. I am holding onto that promise today. Replace their voice with Yours. I am listening for You. Amen.

Prayer 6 — When You Feel Like Giving Up

Lord, I am tired today. The voices are saying it is not working, nobody is listening, this is not worth it, I should just stop. Part of me wants to believe them because at least then the striving would be over. But I remember what You said: I am not done with you yet. I do not have to see the harvest to know the seed is real. Galatians 6:9 says at just the right time we will reap a harvest if we do not give up. I am not giving up today. Not because I feel strong — because I believe You are faithful. Help me do the next faithful thing. Just one thing. Amen.

REFLECTION & APPLICATION

Three Questions to Sit With

PAUSE & REFLECT

What specific shame have I been carrying that I have not yet brought directly to God in prayer? Not generally — specifically.

PAUSE & REFLECT

When I look back at my life, what is one moment where God showed up in a way I did not expect? How does that moment speak to what I am carrying right now?

PAUSE & REFLECT

Am I willing to pray honestly with what I actually have — even if what I have today is mostly questions and very little faith?

COMMON CHALLENGES

When Prayer Feels Impossible

"I feel too ashamed to pray."

Shame tells you to clean up before you come to God. But Hebrews 4:16 says come boldly — not come when you are ready, not come when you feel worthy, but come. The boldness is not about confidence in yourself. It is confidence in the One who invited you. Come exactly as you are. That is the only way anyone ever comes.

"I have prayed about this before and nothing changed."

Romans 12:2 calls transformation a renewing — an ongoing process. If prayer feels like it has not worked, consider whether you have been asking God to remove the battle rather than to renew your mind in it. The prayer that changes things is often not "take this away" but "transform me in the middle of it."

"I don't know what to say."

Romans 8:26 says the Holy Spirit prays for you with groanings that cannot be expressed in words. On the days when you have no words, sit quietly and let the Spirit carry it. You do not have to produce a prayer. You just have to show up. Showing up is the prayer.

"What if I still feel ashamed after I pray?"

Feeling shame after prayer does not mean the prayer did not work. Healing is a process, not a moment. Hebrews 12:2 says Jesus endured the cross, disregarding its shame — He did not feel it less, He chose to disregard it. You may feel the shame and still choose the truth. That is not failure. That is exactly what faith looks like in the middle of a hard fight.

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PART 5

30-Day Scripture Reading Plan

HOW TO USE THIS PLAN

One Verse. Every Day. Thirty Days.

This reading plan is not random. It moves through three phases over thirty days: the first seven days are in the Psalms, where David models honest prayer about shame and suffering. Days 8 through 15 follow Jesus through the Gospels as He encounters people society had labeled and rejected. Days 16 through 30 move through Paul's letters and the prophets for the doctrinal foundation of who you are in Christ.

Read the full passage each day, not just the key phrase. The phrase is a hook to orient you — the passage is where the work happens. After you read, say the declaration from your declaration card for that day's theme. Let the reading and the declaration work together.

Day	Reference	Key Phrase (NLT)	Why It Matters
1	**Psalm 22:1-5**	*My God, my God, why have you abandoned me?*	David models honest lament — bring the real thing to God
2	**Psalm 34:17-18**	*The Lord is close to the brokenhearted*	God moves toward the broken, not away from them
3	**Psalm 51:1-4**	*Have mercy on me, O God*	David is brutally honest — and God receives it
4	**Psalm 88:1-3**	*O Lord, God of my salvation, I cry out to you*	The darkest psalm — and it still begins with God
5	**Psalm 103:8-12**	*He does not punish us for all our sins*	God's response to our failure — compassion, not condemnation
6	**Psalm 139:1-6**	*You know when I sit down or stand up*	Full knowledge does not produce rejection — it produces intimacy
7	**Psalm 139:13-16**	*You made all the delicate, inner parts of my body*	God formed you on purpose, with intention
8	**Luke 15:11-20**	*While he was still a long way off, his father saw him*	The father ran — God moves toward returning sons and daughters
9	**Luke 19:1-10**	*Zacchaeus, come down immediately*	Jesus invited Himself to the home of a man everyone avoided
10	**John 4:17-19**	*You have had five husbands*	Jesus knew her whole story and kept talking to her
11	**John 8:10-11**	*Neither do I condemn you*	Jesus refused the verdict others brought — He does the same for you
12	**John 21:15-17**	*Do you love me?*	Three questions for three denials — restoration is specific

13	**Romans 5:6-8**	*God showed his great love for us by sending Christ*	He did not wait until you were worth it — He came while you weren't
14	**Romans 8:1**	*No condemnation for those who belong to Christ*	The verdict. Past tense. Already rendered.
15	**Romans 8:31-34**	*If God is for us, who can ever be against us?*	The accuser has already been answered at the cross
16	**Romans 8:38-39**	*Nothing can ever separate us from God's love*	Every category of threat — none of them separates you
17	**2 Corinthians 5:17**	*Anyone who belongs to Christ has become a new person*	Not improved — new. The old is gone.
18	**Ephesians 1:4-5**	*He chose us in Christ before the foundation of the world*	Before performance was possible, the choice was made
19	**Ephesians 2:8-10**	*God saved you by his grace when you believed*	Saved by grace, created as His masterpiece — both are true
20	**Philippians 1:6**	*God will continue his work until it is finally finished*	He does not abandon works in progress
21	**Philippians 4:6-7**	*Don't worry about anything; instead, pray about everything*	The path from anxiety to peace — through honest prayer
22	**Colossians 1:13-14**	*He has rescued us from the kingdom of darkness*	Rescued and transferred — the tense is past, the work is done
23	**Colossians 3:1-3**	*Your real life is hidden with Christ in God*	Hidden — not exposed, not vulnerable. Anchored.
24	**Hebrews 4:15-16**	*He faced all the same testings we do*	He understands from the inside — come boldly
25	**Hebrews 12:1-2**	*He endured the cross, disregarding its shame*	He absorbed shame — so you do not have to carry it permanently
26	**1 John 1:7-9**	*The blood of Jesus cleanses us from all sin*	All — not most, not the forgivable ones. All.
27	**1 John 3:1**	*See how very much our Father loves us*	Called children of God — that is what we are
28	**Revelation 12:10-11**	*The accuser of our brothers and sisters has been thrown down*	The accuser is defeated — his verdict does not stand
29	**Isaiah 43:1**	*I have called you by name; you are mine*	Named. Known. Owned by God — not abandoned
30	**Zephaniah 3:17**	*He will rejoice over you with joyful songs*	Not disappointed, not tired of you — rejoicing over you

> **TRUTH**
> You are not what your wounds say. You are not the verdict shame handed down in your worst season. You are who God says you are. And He has not changed His mind.

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