BIBLE STUDY WORKSHEET

Healing From Shame and Learning Self-Forgiveness

Grace tells the truth about wrong without turning failure into identity.

Prepared by Vanessa

"There is now no condemnation for those who are in Christ Jesus."
Romans 8:1

OPENING PRAYER

Merciful God, meet me in the memories I wish I could rewrite. Give me courage to confess what is mine, wisdom to repair what I can, and humility to receive the grace I cannot earn. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study separates conviction from shame, supports honest repair, and helps us receive grace without denying responsibility.

[ ] Name shame [ ] Own what is mine [ ] Make repair [ ] Receive grace

PART 1

Shame Attacks Identity

Conviction says a choice was wrong; shame says you are permanently wrong and beyond restoration.

> **You are washed, you are sanctified.**
>
> 1 Corinthians 6:11

TRUTH TO CARRY

God tells the truth about sin without erasing personhood or possibility.

REFLECT AND DISCUSS

What mistake has become an identity label?

What is the difference between what you did and who you are?

Which truth challenges condemnation?

> **Your worst chapter is not your whole name.**

PART 2

Responsibility Opens a Door

Grace does not require denial. Honest confession can name harm, patterns, and consequences without self-destruction.

> **If we confess our sins, he is faithful and just to forgive.**
>
> 1 John 1:9

TRUTH TO CARRY

Accountability and compassion belong together.

REFLECT AND DISCUSS

What responsibility is truly yours?

What excuse needs to be released?

What would a sincere apology include?

> **Owning wrong is strength when it leads toward repair.**

PART 3

Repair What You Can

Repentance becomes visible through changed choices, restitution where appropriate, and consistent new behavior.

> **Bear fruit in keeping with repentance.**
>
> Matthew 3:8

TRUTH TO CARRY

Repair cannot force forgiveness or restored access from another person.

REFLECT AND DISCUSS

What repair is possible and safe?

What changed behavior must become consistent?

What response from others is not yours to control?

> **Do what is yours; do not demand control of their healing.**

PART 4

Receive the Grace You Offer Others

Self-forgiveness is not declaring yourself innocent. It is agreeing that God's mercy is greater than endless self-punishment.

> **Be kind and compassionate to one another, forgiving each other.**
>
> Ephesians 4:32

TRUTH TO CARRY

Continual self-condemnation cannot pay a debt that grace has already addressed.

REFLECT AND DISCUSS

How are you punishing yourself?

What lesson do you want to carry forward?

What would accepting mercy look like today?

> **Let remorse teach you, not imprison you.**

PRACTICE

From Shame to Responsible Grace

Name the truth, choose repair, and create a plan that honors both accountability and mercy.

The memory or choice that still carries shame:

What responsibility is mine to own:

A repair or changed behavior I can practice:

What is not mine to control:

The grace-filled truth I need to repeat:

THIS WEEK I WILL

[ ] Confess honestly
[ ] Apologize without excuses
[ ] Make safe repair
[ ] Accept consequences
[ ] Practice changed behavior
[ ] Reject endless condemnation

MY ANCHOR PRAYER

Jesus, let truth correct me and grace restore me.

CLOSING TOGETHER

Your Story Can Continue

Grace does not erase learning; it releases shame so growth can become possible.

CLOSING PRAYER

God, help us own our choices without becoming trapped in them. Lead us in repair, patient change, and the freedom of received mercy. Amen.

A WORD OF ENCOURAGEMENT

You can regret what happened without believing you are beyond redemption.

CLOSING CIRCLE

One shame label I am releasing:

One responsible change I am choosing:

MY DECLARATION

I will walk in truth, make repair where I can, and receive the grace God offers.

Signature Date