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# Who am I?

Guilt says, "I made a mistake, I sinned." \* Shame says, "I am the mistake." \*

## **Questions:**

- 1. Can you sense the difference between guilt and shame?
- 2. Do you feel guilty?
- 3. Do you feel shame? If yes, what is it that you believe about yourself?
- 4. If you are a Christian, what is the truth about yourself?
- 5. Can you relate to the thoughts feelings action progression?

## **Consider:**

- 1. Is it easier to indulge in sexual lust when you believe you are a mistake or when you believe that you are a holy child of God?
- 2. In order to change your feelings, your thoughts need to change. What are ways to reorient your thinking about yourself?
- 3. Do you have a hard time believing the identity truths listed on the poster are true about you?

### Challenge:

- 1. Recite the SelfTalk truths to yourself every day.
- 2. When you are in temptation, remind yourself of your identity in Christ.
- 3. When you are in temptation, reach out to an accountability partner and have them speak identity truths into your life.

#### For our next meeting:

1. Report back on your recitation of identity truths. Did you do it daily? Do you have some memorized? Did you question their truth?

\* Definitions taken from *Be Broken ministries*.



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