

*SHAME:*

*Beware of  
Tripwires!*





# Freedom from Shame Is an Ongoing Battle

**John 10:10**

**The thief comes only to steal, and kill, and  
destroy; I have come so that they may have life  
and have it abundantly.**



# Tripwires for Women

- Appearance
- Motherhood



# Tripwires for Men

- “I AM failure.”
- “I AM defective.”
- “I AM weak.”



# Living the Gospel Toward One Another

- The gift of presence (John 21; Luke 15:1-3)
- The gift of understanding (1 Peter 3:7)
- The gift of words (Ephesians 4:29; Proverbs 10:21; Hebrews 3:12-13)
- The gift of grace (Luke 15:20-23)