

# UNASHAMED

A person is walking away from the camera down a long, dimly lit tunnel. The tunnel has concrete walls and a floor with a central path. At the end of the tunnel, there is a bright, glowing light source, creating a silhouette of the person walking towards it.

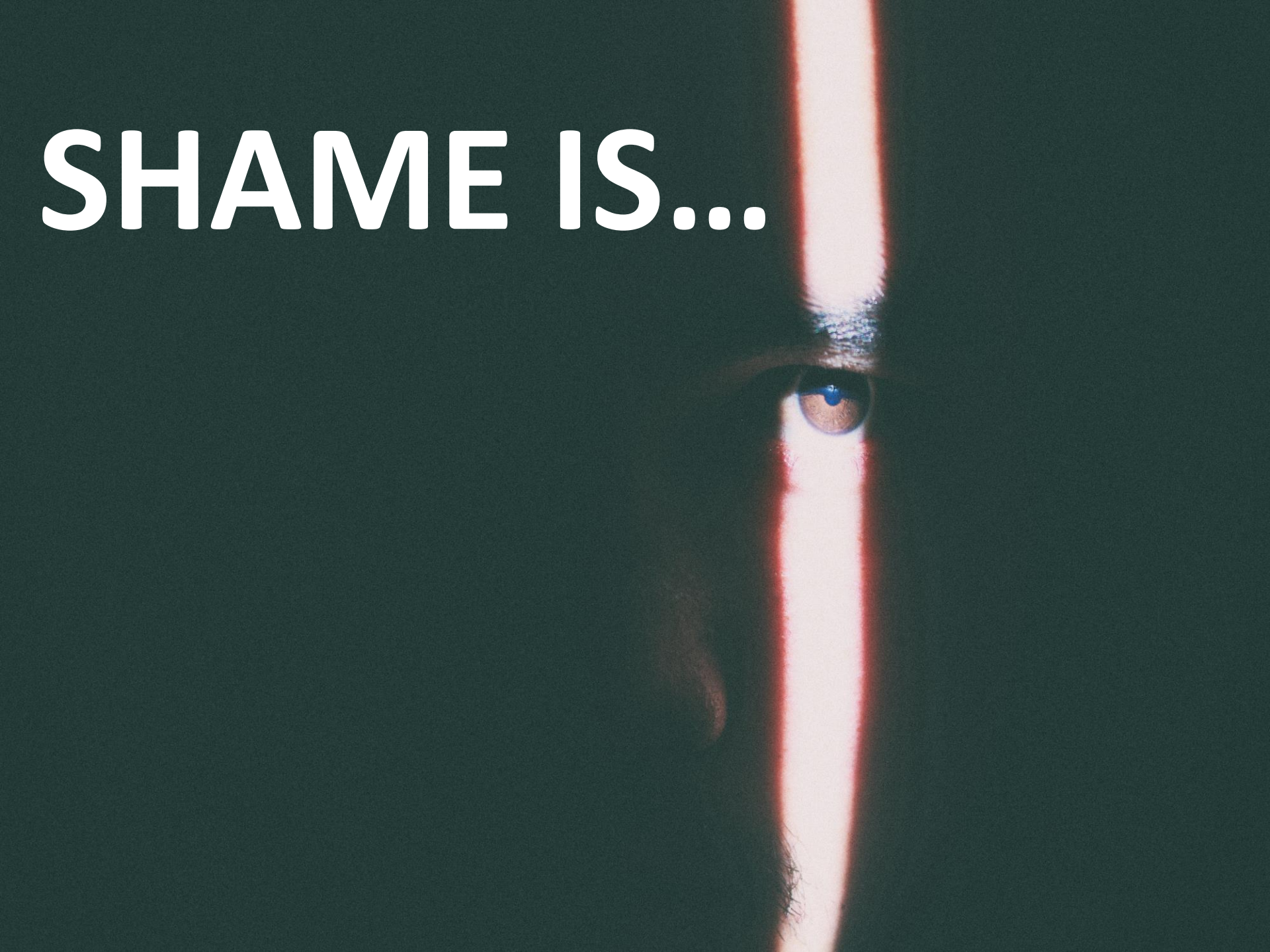
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# SHAME



1. We all have it
2. We're all afraid to talk about it
3. The less we talk about it, the more control it has over our lives

**SHAME IS...**



# SHAME VS GUILT



Guilt is believing “I did bad”  
Shame is believing “I am bad”

Guilt is “I made a mistake”  
Shame is “I am a mistake”

I heard you walking in the garden, so I hid...

I was afraid because I was naked...



It was the woman you gave me who gave me the fruit, and I ate it.

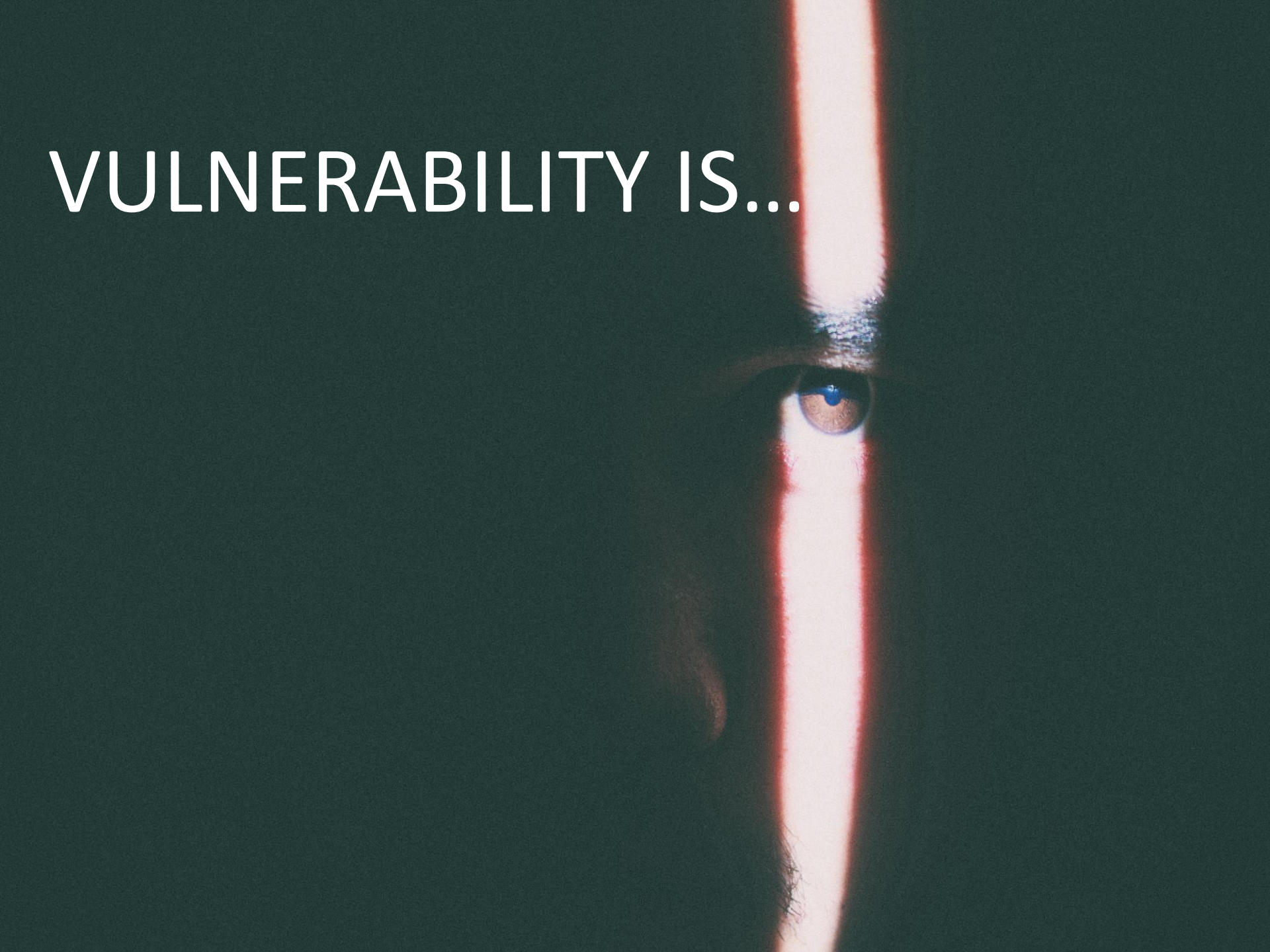
Then the LORD God asked the woman, “What have you done?”

“The serpent deceived me,” she replied. “That’s why I ate it.”



*“And the LORD God made clothing from animal skins for Adam and his wife.”*

VULNERABILITY IS...





# HEART OF SHAME



Having something to hide

Something about us that isn't enough

Afraid it will result in rejection

A person is seen from behind, standing on a dark, rocky outcrop. They are holding a blue smoke flare high in their right hand, which is emitting a thick plume of blue smoke that fills the upper portion of the frame. The background is a dark, textured blue, possibly a cave wall or a night sky. The overall mood is dramatic and spiritual.

# GOD'S INVITATION

*COME OUT, COME OUT WHEREVER YOU ARE.  
IT'S TIME TO BE FOUND.*