

**WALKING TOWARD ETERNITY**  
**ENGAGING THE STRUGGLES OF YOUR HEART**  
**BIBLE REFERENCES**  
**SESSION 3- ENGAGING YOUR SHAME**

**SESSION 3 - DAY 1 - Engaging Your Shame**

**a) Genesis 2:25**

The man and his wife were both naked, yet they felt no shame.

**b) Genesis 3:7, 9-10**

7 Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves. 9 The LORD God then called to the man and asked him: Where are you? 10 He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid.

**c) Romans 1:24-25**

24 Therefore, God handed them over to impurity through the lusts of their hearts\* for the mutual degradation of their bodies.<sup>v</sup> 25 They exchanged the truth of God for a lie and revered and worshiped the creature rather than the creator, who is blessed forever. Amen.

**d) Psalms 44:15-16**

15 You make us a byword among the nations; the peoples shake their heads at us. 16 All day long my disgrace is before me; shame has covered my face

**Optional Further Reading**

**a) Philippians 3:18-19**

18 For many, as I have often told you and now tell you even in tears, conduct themselves as enemies of the cross of Christ.<sup>n</sup> 19 Their end is destruction. Their God is their stomach; their glory is in their "shame." Their minds are occupied with earthly things.<sup>o</sup>

**b) Jeremiah 3:25**

Let us lie down in our shame, let our disgrace cover us, for we have sinned against the LORD, our God, We and our ancestors, from our youth to this day; we did not listen to the voice of the LORD, our God."

**c) Isaiah 45:16-17**

16 They are put to shame and disgrace, all of them; they go in disgrace who carve images. 17 Israel has been saved by the LORD, saved forever! You shall never be put to shame or disgrace in any future age."

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**SESSION 3 - DAY 2 - Engaging Your Shame**

**a) Genesis 1:27-31**

27 God created mankind in his image; in the image of God he created them; male and female\* he created them. 28 God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth. 29 God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; 30 and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened. 31 God looked at everything he had made, and found it very good. Evening came, and morning followed—the sixth day.

**b) Romans 8:1-2**

1 Hence, now there is no condemnation for those who are in Christ Jesus. 2 For the law of the spirit of life in Christ Jesus has freed you from the law of sin and death.<sup>a</sup>

**c) Romans 8:31-39**

31\* What then shall we say to this? If God is for us, who can be against us? 32 He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?

33 Who will bring a charge against God's chosen ones? It is God who acquits us. 34 Who will condemn? It is Christ [Jesus] who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. 35 What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? 36 As it is written: "For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered."

37 No, in all these things we conquer overwhelmingly through him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things,\* nor future things, nor powers, 39 nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

**d) Isaiah 61:7**

Because their shame was twofold- and disgrace was proclaimed their portion, They will possess twofold in their own land; everlasting joy shall be theirs.<sup>e</sup>

**Question 3 - John 8:3-11**

3 Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. 4 They said to him, "Teacher, this woman was caught in the very act of committing adultery. 5 Now in the law, Moses commanded us to stone such women. So what do you say?" 6 They said this to test him, so that they could have some charge to bring against him. Jesus bent down and began to write on the ground with his finger. 7 But when they continued asking him, he straightened up and said to them, "Let the one among you who is without sin be the first to throw a stone at her." 8 Again he bent down and wrote on the ground. 9 And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. 10 Then Jesus straightened up and said to her, "Woman, where are

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they? Has no one condemned you?” 11 She replied, “No one, sir.” Then Jesus said, “Neither do I condemn you. Go, [and] from now on do not sin any more.”<sup>e</sup>

**Optional Further Reading**

**a) 2 Corinthians 5:17**

So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.

**b) Romans 10:11-13**

11 For the scripture says, “No one who believes in him will be put to shame.”<sup>i</sup> 12 For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. 13 For “everyone who calls on the name of the Lord will be saved.”

**c) Jeremiah 33:6-8**

6 Look! I am bringing the city recovery and healing; I will heal them and reveal to them an abundance of lasting peace. 7 I will restore the fortunes of Judah and Israel, and rebuild them as they were in the beginning. 8 I will purify them of all the guilt they incurred by sinning against me; I will forgive all their offenses by which they sinned and rebelled against me.

**d) Ephesians 2:4-7**

4 But God, who is rich in mercy, because of the great love he had for us, 5 even when we were dead in our transgressions, brought us to life with Christ (by grace you have been saved), 6 raised us up with him, and seated us with him in the heavens in Christ Jesus, 7 that in the ages to come he might show the immeasurable riches of his grace in his kindness to us in Christ Jesus.

**SESSION 3 - DAY 3 - Engaging Your Shame**

**a) Psalms 119:5-7**

5 May my ways be firm in the observance of your statutes! 6 Then I will not be ashamed to ponder all your commandments. 7 I will praise you with sincere heart as I study your righteous judgments.

**b) Psalms 51:5-7**

5 For I know my transgressions; my sin is always before me. 6 Against you, you alone have I sinned; I have done what is evil in your eyes. So that you are just in your word, and without reproach in your judgment. 7 Behold, I was born in guilt, in sin my mother conceived me.\*

**c) 2 Corinthians 7:10**

For godly sorrow produces a salutary repentance without regret, but worldly sorrow produces death.

**d) Philippians 3:13-14**

13 Brothers, I for my part do not consider myself to have taken possession. Just one thing: forgetting what lies behind but straining forward to what lies ahead, 14 I continue my pursuit toward the goal, the prize of God’s upward calling, in Christ Jesus.

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**e) 2 Corinthians 10:3-4**

3 For, although we are in the flesh, we do not battle according to the flesh, 4 for the weapons of our battle are not of flesh but are enormously powerful, capable of destroying fortresses. We destroy arguments

**Question 3 Psalms 44:15-26**

15 You make us a byword among the nations; the peoples shake their heads at us. 16 All day long my disgrace is before me; shame has covered my face 17 At the sound of those who taunt and revile, at the sight of the enemy and avenger. 18 All this has come upon us, though we have not forgotten you, nor been disloyal to your covenant. 19 Our hearts have not turned back, nor have our steps strayed from your path. 20 Yet you have left us crushed, desolate in a place of jackals; you have covered us with a shadow of death. 21 If we had forgotten the name of our God, stretched out our hands to another god, 22 Would not God have discovered this, God who knows the secrets of the heart? 23 For you we are slain all the day long, considered only as sheep to be slaughtered. 24 Awake! Why do you sleep, O Lord? Rise up! Do not reject us forever! 25 Why do you hide your face; why forget our pain and misery? 26 For our soul has been humiliated in the dust; our belly is pressed to the earth.

**Optional Further Reading**

**a) 1 John 5:14-16**

14 And we have this confidence in him, that if we ask anything according to his will, he hears us. 15 And if we know that he hears us in regard to whatever we ask, we know that what we have asked him for is ours. 16 If anyone sees his brother sinning, if the sin is not deadly, he should pray to God and he will give him life. This is only for those whose sin is not deadly. There is such a thing as deadly sin, about which I do not say that you should pray.

**b) Jeremiah 31: 31-34**

31 See, days are coming—oracle of the LORD—when I will make a new covenant with the house of Israel and the house of Judah. 32 It will not be like the covenant I made with their ancestors the day I took them by the hand to lead them out of the land of Egypt. They broke my covenant, though I was their master—oracle of the LORD. 33 But this is the covenant I will make with the house of Israel after those days—oracle of the LORD. I will place my law within them, and write it upon their hearts; I will be their God, and they shall be my people. 34 They will no longer teach their friends and relatives, “Know the LORD!” Everyone, from least to greatest, shall know me—oracle of the LORD—for I will forgive their iniquity and no longer remember their sin.

**c) Acts 20:32**

And now I commend you to God and to that gracious word of his that can build you up and give you the inheritance among all who are consecrated.

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**d) Romans 12:1-2**

1 I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. 2 Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

**e) Psalms 25:1-3**

1 Of David. To you, O LORD, I lift up my soul, 2 my God, in you I trust; do not let me be disgraced; do not let my enemies gloat over me. 3 No one is disgraced who waits for you, but only those who are treacherous without cause.