

Unfollow: Guilt & Shame Week 2

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2 Cor. 7:10, Luke 22:59–60, Luke 22:61–62, John 21, 1 John 1:9

Rom. 8:1, Acts 2:38

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Pure Heart

May 10th– 11th 2025

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Heart Crew Homework

For the week of May 10th-11th 2025

MY STORY

1. What's one funny "oops" moment you've tried to cover up—like sneaking a snack in the bathroom or making up a story to avoid sharing?
2. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?

DIGGING DEEPER

1. This weekend, Pastor Dan spoke about guilt and grace, reminding us that we often struggle to forgive ourselves even after God has forgiven us. Can you recall a time you struggled with self-forgiveness? What helped you move forward?"
 - a. Not all guilt is the same—some leads to growth, while others keep us stuck. Can you recall a thought or belief that either pushed you away from God or helped you draw closer to Him?

2. When we mess up, the enemy aims to keep us stuck in shame and isolation. As we look at these scriptures, what stands out about the enemy's tactics, and how does God respond: Zechariah 3:1–4, John 10:10, Revelation 12:10
 - a. Knowing the enemy's plans are to accuse, deceive, and destroy, how do these scriptures show how God equips us to stand against him? What stands out about God's response to guilt and shame, and how can we fight back spiritually: Ephesians 6:10–17, 1 John 1:9, James 5:16, 2 Corinthians 10:4–5.
3. The Bible is full of redemption stories showing how God responds to guilt, shame, and failure. What stands out about how God responds in the stories below, and what do they teach us about His heart for restoration and the people He chooses to use? John 8:1–11, James 2:25, Luke 22:54–62, John 21:15–17
4. Break into small groups for a time of reflection and prayer. After hearing about guilt, grace, and God's heart to restore us, what's one area where you sense He's inviting you to receive His grace and let go of what's been holding you back? (You don't have to share more than you're comfortable with, but this is a chance to speak life into each other and receive the grace already offered.)

TAKING IT HOME

Guilt and shame have a way of sticking to us—even after we’ve confessed, even when we know better. But the truth is, God’s grace didn’t just forgive your past; it redefined your identity. When we understand who we are in Christ, we stop striving to prove ourselves and start living from a place of freedom. You’re not your mistakes. You’re not what others have said about you. You are who God says you are—and that changes everything. Take time this week to slow down, reflect, and speak these truths over yourself. Ask the Holy Spirit to help you believe what’s already true of you in Christ:

I Am Accepted

John 1:12 – I am God’s child.

Romans 5:1 – I have been declared righteous.

Ephesians 1:5 – I’ve been adopted as God’s own.

Colossians 1:14 – I am forgiven.

Hebrews 4:16 – I have access to God’s grace.

I Am Secure

Romans 8:1 – There is no condemnation for me.

Romans 8:38–39 – Nothing can separate me from God’s love.

Philippians 1:6 – God will finish what He started in me.

2 Timothy 1:7 – I’ve been given power, love, and a sound mind.

I Am Significant

John 15:16 – I have been chosen to bear fruit.

Ephesians 2:10 – I am God’s workmanship.

Philippians 4:13 – I can do all things through Christ.