

Don't Get on the Ride

Part 4

Objective: Identify the ways in which we live out of shame and can shift our mindset into living life in God and with God.

CONNECT

1. What is one word or phrase you would use to define who you are?
2. How would you define shame, guilt, and regret? How are they different from one another?

LEARN

1. How do you behave or act when shame gets ahold of you?
2. Where does shame speak in your life? What role does shame play in your life?
3. Think about a time when you were faced with someone who didn't like you. How did you handle that situation? What were some tools, resources, or reminders you had to come out of it?
4. How does shame affect your identity? What do you need to do to shift that mindset?
5. What areas in your life are you living out in shame and what mindset shift do you need to live out life WITH HIM and IN HIM?

APPLY

1. Read, meditate, and pray over Colossians 2:8-15. What did you get from this? What will you act upon this week based on this verse?
2. Create a list of words that help remind you who you are IN Him and WITH Him.