

KRYPTONITE

OVERCOMING YOUR GREATEST WEAKNESSES

Part 5: Guilt & Shame

Guilt and Shame

Guilt is regret over
what you have done.

Shame is regret over
who you are.

**Our reaction to guilt & shame
is to wear fig leaves. Genesis 3:7**

**1. Hiding
Genesis 3:10**

**2. Blaming
Genesis 3:12-13**

Shame is overcome by:

1. Receiving God's acceptance.

Colossians 1:20

John 3:18

Romans 5:8

Shame is overcome by:

2. Receiving God's cleansing.

1 John 1:7-9

Shame is overcome by:

3. Learning to despise shame.

Hebrews 12:2

James 5:16

**Jesus is the solution
to shame in our lives.**

Genesis 3:21

**Are you ready to be
set free from
guilt and shame?**