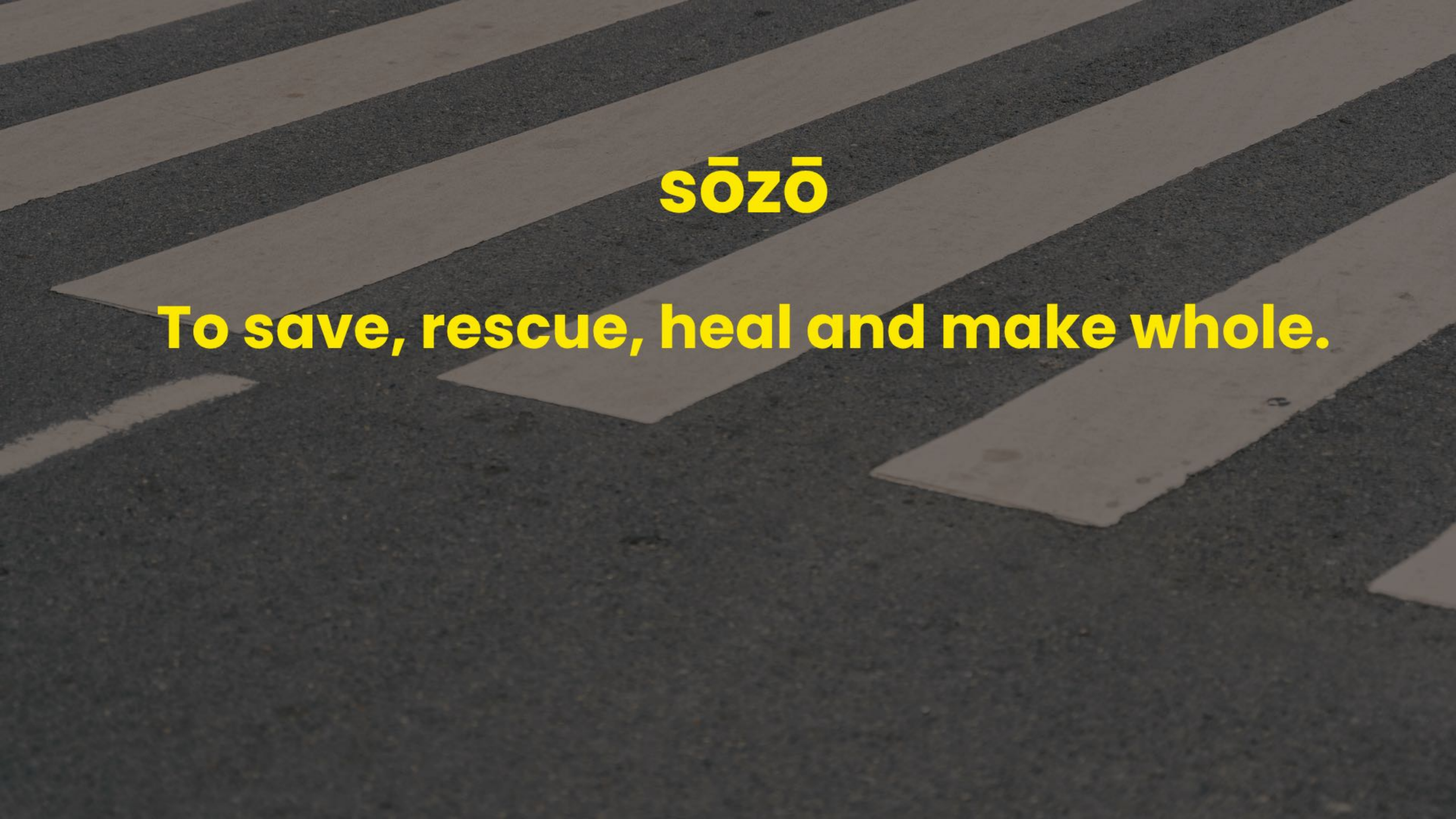


Living in
FREEDOM



sōzō

To save, rescue, heal and make whole.

Action	What shame sounds like internally.	What it may look like externally.
Receiving criticism	“They've discovered I'm not good enough.”	Defensiveness, anger, shutting down
Relational conflict	“If they really knew me, they wouldn't love me.”	Withdrawing, people-pleasing, or becoming controlling
Parenting mistake	“I'm a terrible parent.”	Overreacting to small mistakes or withdrawing
Past mistakes	“I can never change what I've done.”	Hiding the past or believing you don't deserve good things
Success	“Soon they'll find out I'm a fraud.”	Perfectionism and anxiety—often called imposter feelings

²⁰ My child, pay attention to what I say.

Listen carefully to my words.

²¹ Don't lose sight of them.

Let them penetrate deep into your heart,

**²² for they bring life to those who find them,
and healing to their whole body.**

**²³ Guard your heart above all else,
for it determines the course of your life.**

PROVERBS 4:20–23 (NLT)

⁸ Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. ⁹ The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.

GENESIS 2:8–9 (NIV)

¹⁵ The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶ And the Lord God commanded the man, “You are free to eat from any tree in the garden; ¹⁷ but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

GENESIS 2:15–17 (NIV)

⁸ Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹ But the Lord God called to the man, “Where are you?”

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

GENESIS 3:8–10 (NIV)

**Shame is the intensely painful feeling
or experience of believing that we are
flawed and therefore unworthy of
love and belonging.**

Brene Brown

Tree of Life:

**Dependency, unity, belonging,
innocence → gratitude**

Tree of knowledge of good and evil

Moral autonomy, shame, hiding,

blame → separation

Self-justification

Blame circumstances

Avoid responsibility

Develop entitlement

Leads to a victim mentality

Isolation

¹⁸....I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ²⁰ But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

ROMANS 7:18-20 (NLT)

²¹ I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. ²² I love God’s law with all my heart. ²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am!

ROMANS 7:21–24 (NLT)

**Who will free me from this life that is
dominated by sin and death? ²⁵ Thank God!
The answer is in Jesus Christ our Lord.**

ROMANS 7:24-25 (NLT)

¹So now there is no condemnation for those who belong to Christ Jesus. ²And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. ³The law of Moses was unable to save us because of the weakness of our sinful nature.

ROMANS 8:1-3 (NLT)

So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins.⁴ He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

ROMANS 8:3-4 (NLT)



**FELLOWSHIP WITH GOD
RESULTS IN INNOCENCE**



**FALL IN LOVE WITH
JESUS**

¹⁵ So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

ROMANS 8:15 (NLT)



RECOGNIZE SHAME

¹² For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

HEBREWS 4:12 (NLT)



**BRING IT TO THE
LIGHT**

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

JAMES 5:16 (NIV)



Fellowship Koinōnia

**Be an active participant in each other's
spiritual growth.**

²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

EZEKIEL 36:26-27 (NIV)