

Day One: Genesis 3:6-10

- Summarize Eve's assessment of the fruit (6). As a result, what did she do with it (6)? What chain reaction did this cause (7)? What messes have bad advice (see verses 1-5) coupled with your fallible logic produced in your own life? If this is a source of shame for you, confess it to the Lord and receive his grace. What healthy spiritual habits will help you to live out of this freedom instead of spiraling back into shame?
- After Adam and Eve ate the fruit, who then entered the scene (8)? What was God doing (8)? How did Adam and Eve respond (8)? Describe the conversation between God and Adam (9-10).
- Ponder Adam's words in verse 10: "I was afraid...so I hid." When are you like this with God? Read Ephesians 5:13 and think about the hope it offers for this struggle. Ask the Holy Spirit to further testify to you that, in Christ, you never have to hide.

Day Two: Matthew 27:27-44

- Set the scene of this text (27). What did the soldiers do to Jesus (28-31)? Imagine what Jesus must've been thinking and feeling throughout this ordeal. If you could sum up all that he endured in one phrase or sentence, what would it be?
- Who carried Jesus' cross (32)? Describe the setting and circumstances of his crucifixion (33-37). Who else was crucified (38)? Who joined the soldiers in mocking Jesus (39, 41, 44)? In what ways (39-40, 42-44)?
- In the shame-based culture of first-century Palestine, the savior of the world was brutally mocked by everyone, even guilty criminals. Let that sink in. Jesus bore all shame, under horrendous circumstances, so that we never have to bear any at all, not even if we deserve to. Take a moment now to respond to God: express your gratitude and ask him to cement this truth in your heart.

Day Three: Luke 15:11-24

- Who are the characters of this parable (11)? What did the younger son want from his father (12)? Where did the son then go, and what did he do there (13-14)? What downturn did he experience (15-16)? Describe the shame both the son and his father may have experienced at this point in the story.
- What did the younger son eventually realize (17)? Describe his plan (18-20). What happened "while he was still a long way off" (20)? What does the father's willingness to act in such an unexpected and undignified way communicate about God's heart to take away our shame? What is your response to this?
- What did the son say to his father (21)? Summarize the father's surprising response (22-24). What reaction was the son likely expecting instead? Imagine the Lord honoring you in this undeserved way. How do you feel? Conclude by praying for loved ones in need of the honor and restoration only God can provide.

Day Four: John 21:15-19

- What is the setting of this passage (15)? What did Jesus ask Peter (15)? Summarize the next parts of their conversation through verse 17. How did Jesus want Peter to demonstrate love for him? How can you serve others in response to God's love? Take one idea and implement it this week.

- What did Jesus say next to Peter (18)? What is the meaning behind these words (19)? Why do you think he ended by saying, “Follow me!”? In what ways do you follow Jesus? Are you willing to follow him in death? As you reflect, what is God speaking?
- While both Peter and Judas shamefully betrayed Jesus, only Peter got to experience redemption. This post-resurrection moment is the antidote to his denial of Jesus. Thanks to the cross and the resurrection, this antidote is available to everyone! Give thanks to God for all the shame he’s taken from you and pray that more people would experience the Lord in this way.

Day Five: Revelation 12:10-12

- What is the source of this message (10)? What four things have come (10)? What evidence is there that these gifts are among us today, even just in part? Thank God for these manifestations.
- What makes experiencing these blessings possible (10)? Describe the accuser (10). In what ways does Satan accuse you? By dousing you with shame, what does he want to keep you from experiencing and doing? How does this make you feel?
- How do we triumph over the Enemy of our souls (11)? Not only does Jesus’ sacrifice silence Satan, but so does bravely testifying about it. This week, memorize a few verses that speak to how God has taken away your shame and recite them aloud whenever you feel vulnerable to the Enemy’s attacks.
- Heaven has one response to this victory, while the earth has another; describe the difference (12). Why is the Devil “filled with fury”? Which aspects of your life fuel his fury? Pray you’d always be faithful to fight back in this way.