



# Help! I Want to Hide

## How to use this journal:

- Read through *Help! I Want to Hide* by Sue Nicewander Delaney.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**<sup>1</sup> after you read each chapter. Space for journaling your answers is provided.

<b>Introduction/ Chapter 1</b>  <i>Impacting Truths:</i>	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
<b>Chapter 1</b>  <i>Questions for Reflection:</i>	<ul style="list-style-type: none"><li>• What are the two sources of shame, and how do they differ?</li>          <li>• Have you recognized ways that you contribute to your shame by accepting lies and rejecting truth?</li></ul>
<b>Chapter 2</b>  <i>Impacting Truths:</i>	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____

<sup>1</sup> The *Questions for Reflection* are taken from *Help! I Want to Hide* by Sue Nicewander Delaney, (Shepherd Press, 2024).

<p><b>Chapter 2</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"><li>• What sinful thoughts and desires have you identified that need to change?</li>          <li>• Have you sought God’s forgiveness? What sincere efforts are you making to live according to truth?</li></ul>
<p><b>Chapter 3</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"><li>1. _____ _____</li><li>2. _____ _____</li><li>3. _____ _____</li></ol>
<p><b>Chapter 3</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"><li>• What does it mean to despise provoked-shame as Christ did?</li>          <li>• What have you learned about humility in this chapter?</li></ul>

<p><b>Chapter 4</b> <i>Impacting Truths:</i></p>	<p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p>
<p><b>Chapter 4</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"><li>• How are you learning to respond when the “warning light” of shame comes? Consider your thoughts, desires, and actions as you answer.</li> <li>• Since Christ is the answer to both kinds of shame, how intentionally are you seeking Him for help? Consider how you pray, read God’s Word, and engage at your church. Have you put your faith in Him?</li></ul>