



# Overcoming Shame by **Knowing God**

---

Your feelings of shame might be so loud that you are having a hard time hearing what God says about you in His Word. Find a quiet place to prayerfully and carefully read through each passage below, and write down everything you learn about God.

## 1. God loves you.

- 2 Corinthians 5:14-15
- John 3:16
- Psalm 66:17-20
- 1 John 4:7-11
- 1 John 4:19-20

## 2. God hears you.

- Hebrews 4:4-6
- Philippians 4:6-7
- James 5:17-18
- Psalm 34:15-19

## 3. God cares for you.

- 1 Peter 5:7
- Proverbs 3:5-6
- Matthew 11:28-30

- Psalm 37:1-8
- Hebrews 2:18
- Psalm 23
- Isaiah 61:1-3

4. **God fully understands and is in control of the things that trouble you. His plan will not fail.**

- Psalm 40. (Note: Psalm 40 is a psalm about Christ. As you read the psalm, look for the way Christ viewed suffering and shame. How does this impact the way you view your suffering and shame? How does this knowledge help you to trust God?)
- Hebrews 12:2-3

**Personal Application:**

- Look back through the list of truths you learned about God. Which one of the aspects of God’s character or actions toward you do you find yourself doubting the most?
- Tell God about what you are struggling to believe about Him. Ask Him to help you “think Bible.”
- Choose one of the verses in that category to memorize.
- Do a deeper study on that aspect of God’s character/actions toward you.<sup>1</sup>
- Look for ways that God demonstrates that aspect of His character to you in your everyday life and thank Him for it.
- Pray that God will enable you to honor Him by believing what He says is always true about Himself!

---

<sup>1</sup> For help knowing how to go deeper in a passage of Scripture, see *Keys to Your Own God & I Time* (<https://lifelineforteens.com/resources/?related-mini-book=general/>.)