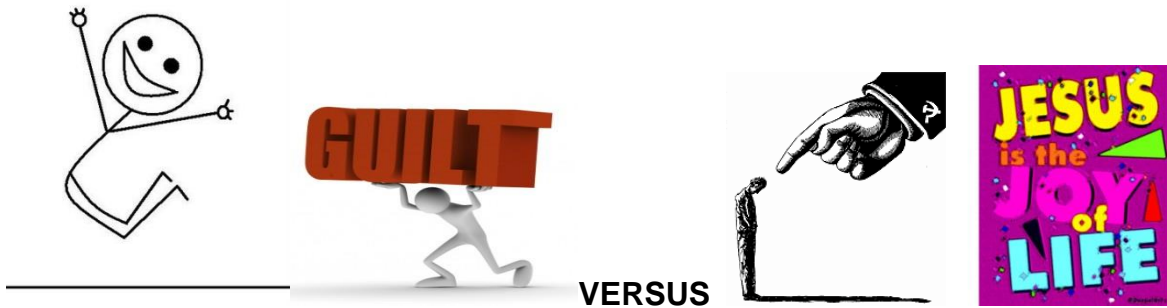


Guilt-Free/Shame-Free Living

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GUILT says	SHAME says	God's Answer
I did something bad/stupid	I AM bad <i>SOURCE: Satan</i>	YES YOU DID my child, but remember Micah 7:9 You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.
I made a huge mistake & can't forgive myself (rumination)	I am a mistake and worthless <i>SOURCE: Satan</i>	YES YOU DID my child, but remember <ul style="list-style-type: none"> • Hebrews 10: 22 "let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience..." • Ephesians 3:18-19 "..., together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ NIV • <i>Philippians 3:13, "...this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before."</i>
I ate the whole thing!	I will never be strong enough to eat healthy foods. I will be fat forever <i>SOURCE: Satan</i>	YES YOU DID my child, but remember <ul style="list-style-type: none"> • Nehemiah 8:10 ... Then he said unto them, neither be ye sorry; for the joy of the LORD is your strength. • Ephesians 3: 16-19 I pray that ...he may strengthen you with power through his Spirit in your inner being, ¹⁷ ...And I pray that you, being rooted and established in love, ¹⁸ may have power, ... to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

QUESTIONS TO ASK YOURSELF ABOUT YOUR CHOICES

- Why do I eat healthy foods?
 - My mama and all medical/nutrition expets tell me it is good for me
 - They keep me from getting sick so often and make me feel better. My skin is better.
 - The ones I like taste really good
 - I want to avoid feeling bad about not eating good foods

- Why do I sometimes eat junk processed food sometimes?
 - It tastes good even though I feel guilty after reading the ingredients
 - It is cheap and readily available
- Why do I feel guilty when I enjoy a (or a few) not-so-healthy treat?
 - I know I should do better and feel like a failure (shame) sometimes
- Why do I like to eat vegan/vegetarian?
 - I want God's original eating plan for my life to feed to be healthier
 - I want to be an earth friendly steward of the animals and environment

How to live guilt/shame free!

1. Establish a relationship with Christ. Spend time feeling loved daily
2. Ask for forgiveness.
3. Believe forgiveness has been received and the power to overcome has also been received
4. Remind yourself that ruminating on past mistakes hinders us from confidently approaching God. Leave inspirational notes throughout your house, car, or work area.
 - a. "Philippines 3:13, "...this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before."
5. Make a plan. Say "I will" instead of "I will try"

J H W F X M S J K F G C D G S
 T T P I M R N P E E D O F S F
 Q I I X D G A E M V G T E Z Q
 Z A R X U E C B W F M N R J X
 C F C I D H K H E A L T H Y L
 I H L R P H S E Q L E E E L O
 Y T R K E S M F U V M V M X N
 S C Y I N W Y F O C Q O I G G
 B M L C S U O L C V J L T W G
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 X V L A U C R H I H O P N R S
 S S E N E V I G R O F A T H H
 G U E U M A H D I B C G Z X E
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 T F D Q U Z P E L K I H T B X

FIND ME

AGAPE LOVE
 GUILT
 GOD
 LOVE
 HEALTHY
 SHAME
 LOVE
 POWER
 HOLY SPIRIT
 LIFE
 WIDE
 LONG
 HIGH
 DEEP
 FORGIVENESS
 FAITH
 CHRIST
 FULLNESS
 JUNK
 SNACKS
 TIME

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.

-Mahatma Gandhi