

## **Freedom From Guilt, Shame, Regrets, Fear, Worry, and Anxiety**

Anchor 2: Believe that God's love and power can restore hope and healing.

2 Timothy 1:7 For God has not given us a spirit of fear, but a spirit of power, of love, and a sound mind.

Weapons of self-destruction: 1. Guilt 2. Shame 3. Regrets 4. Fear 5. Worry 6. Anxiety

God never intended us to \_\_\_\_\_ with guilt, shame, and regrets.

Jesus came to break the \_\_\_\_\_ of the Garden.

Jesus came to break the curse of \_\_\_\_\_.

Not just some of the sin in our lives, but all the sin and all the \_\_\_\_\_ that sin has had on our lives.

The power of God goes way beyond I am saved, now I'll try and \_\_\_\_\_.

When a standard is not met then an \_\_\_\_\_ is not kept.

When an expectation is not kept then there are \_\_\_\_\_.

The consequence for falling short are the emotional tags and conditions the enemy produced in \_\_\_\_\_ and \_\_\_\_\_.

Being afraid and always \_\_\_\_\_ and \_\_\_\_\_ from God.

Guilt left unattended, turns to \_\_\_\_\_.

Shame is of the \_\_\_\_\_.

Shame is a driving force to get \_\_\_\_\_ met in an illegitimate way.

And there is only one place to hide that offers the protection we seek, where all our shame is covered, and we no longer need to fear: the refuge of \_\_\_\_\_.

The key to breaking the power of pride-fueled shame is the superior power of \_\_\_\_\_ in the work of Christ and the promises of God.

Shame pronounces us guilty and \_\_\_\_\_.

Jesus pronounces us \_\_\_\_\_ and promises that his grace will be \_\_\_\_\_ for us in all our weaknesses.

Jesus made her shame a showcase of his \_\_\_\_\_.

God is calling all of us to the grab on to \_\_\_\_\_ and let go of shame.

But taking hold of what's new is not enough. We've got to let go of the \_\_\_\_\_.

