**Recognizing fear and shame in our lives**

*Hebrews 12:1*

**Summary**: The verse reference [Hebrews 12:1] is divided into three parts (a, b, c) to correspond with each point in the outline.

**Topic**: Recognizing Fear and Shame in Our Lives

## Identifying the Impact of Fear [Hebrews 12:1a]

1. The paralyzing power of fear

2. The consequences of living in fear

3. Overcoming fear through faith

## Unmasking the Grip of Shame [Hebrews 12:1b]

1. Understanding the roots of shame

2. The destructive effects of shame

3. Embracing God's grace to break free from shame

## Pursuing Freedom and Wholeness [Hebrews 12:1c]

1. Seeking healing through vulnerability and confession

2. Cultivating a healthy self-image in Christ

3. Walking in the freedom and victory found in Jesus