

Theology Threads | Season 5: Episode 3 Notes | How to Heal from Shame

Summary

Is shame good or bad? Why do I feel like something is wrong with me and why can't I find freedom from it? On this week's episode Dr. Brian Jenkins dives deep into these core questions of the heart. He takes us step by step through the atonement and it's power to break the echo chamber of shame forever. This powerful episode is one you cannot miss!

Reflection Questions

How do you personally notice the difference between guilt (about something you did) and shame (about who you are)?

What makes it hard for people to talk about or let go of shame?

Which of the practices or mindsets Dr. Jenkins mentioned feels most doable for you right now?

How can our group or relationships like this create a safe space for someone working through shame?

