



Verses to Combat Shame

When Shame Says *You're Condemned*

- **Romans 8:1** — *There is now no condemnation for those who are in Christ Jesus.*
- **John 3:17** — *For God did not send His Son into the world to condemn the world, but to save the world through Him.*
- **Colossians 2:13–14** — *He forgave us all our sins... nailing it to the cross.*

When Shame Says *Hide*

- **Hebrews 4:16** — *Let us approach God's throne of grace with confidence.*
- **Psalms 32:5** — *I acknowledged my sin to You... and You forgave the guilt of my sin.*
- **Genesis 3:9** — *But the Lord God called to the man, "Where are you?" (Not to accuse — but to invite.)*

When Shame Says *God Is Disappointed*

- **Psalms 103:8–14** — *The Lord is compassionate and gracious... He remembers that we are dust.*
- **Zephaniah 3:17** — *He will take great delight in you... and rejoice over you with singing.*
- **Isaiah 54:4** — *Do not be afraid; you will not be put to shame.*

When Shame Says *You Are Your Past*

- **2 Corinthians 5:17** — *If anyone is in Christ, the new creation has come.*
- **Isaiah 43:18–19** — *Forget the former things... I am doing a new thing.*
- **Micah 7:19** — *You will hurl all our iniquities into the depths of the sea.*

When Shame Says *You Should Be Further Along*

- **Philippians 1:6** — *He who began a good work in you will carry it on to completion.*
- **Psalms 37:23–24** — *Though he may stumble, he will not fall, for the Lord upholds him.*
- **Proverbs 24:16** — *Though the righteous fall seven times, they rise again.*

When Shame Says *You're Not Worthy of Love*

- **Jeremiah 31:3** — *I have loved you with an everlasting love.*
- **Romans 5:8** — *While we were still sinners, Christ died for us.*
- **1 John 3:1** — *See what great love the Father has lavished on us.*

When Shame Says *You Must Punish Yourself*

- **1 John 1:9** — *He is faithful and just to forgive and cleanse.*
- **Hebrews 10:22** — *Let us draw near... having our hearts sprinkled clean.*
- **Psalms 130:3–4** — *But with You there is forgiveness.*

When Shame Tries to Return

- **Psalms 34:5** — *Those who look to Him are radiant; their faces are never covered with shame.*
- **Isaiah 61:7** — *Instead of your shame you will receive a double portion.*
- **1 Peter 5:7** — *Cast all your anxiety on Him because He cares for you.*

A Gentle Closing Truth

Shame isolates.

Scripture invites.

Grace restores.