



Shame & Guilt

RESOURCE GUIDE



Description

Most everyone at some point has experienced shame and guilt. There are times when it can become a time of significant distress and inhibits the joy that God desires for us. Often, it comes out of past hurts and challenges. Healing and hope are available through a variety of pathways.

Bible Verses

- Isaiah 54:4 "Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth, and the reproach of your widowhood you will remember no more."
- Psalm 103:8-12 "The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us."

Links

[CELEBRATE RECOVERY GROUPS NEAR YOU](#)

[UNASHAMED: CHRISTINE CAINE BIBLE STUDY](#)

Books

Changes That Heal - Henry Cloud

Dr. Cloud takes the reader step-by-step through the four basic tasks of becoming mature image bearers of God. Bonding to others - Separating from others - Sorting out good and bad in ourselves and others - Becoming an adult. Dr. Cloud explains and describes each task, but he also identifies the problems that result when we fail to accomplish that task. He shows us what changes to make in our lives to bring about healing.

Gentle & Lowly - Dane Ortlund

Christians can easily feel that Jesus is perpetually disappointed and frustrated, maybe even close to giving up on them. They know what Christ has done for them—but who is he? How does he feel about his people amid all their sins and failures?

In Matthew 11, Jesus describes himself as “gentle and lowly in heart,” longing for his people to find rest in him. This book reflects on his words, diving deep into Bible passages that speak of Christ’s affections for sinners and encouraging believers as they journey, weary and faltering, toward heaven.

Hiding From Love - John Townsend

When you experience emotional injury, fear, or shame, your first impulse is to hide the hurting parts of yourself from God, others, and even yourself. Often, you've learned these hiding patterns during childhood to protect yourself in a threatening environment. The problem is that when you hide your injuries and frailties, you isolate yourself from the very things you need in order to heal and mature--connection, intimacy, and love. What served as protection for a child becomes a prison to an adult. In *Hiding from Love*, Dr. John Townsend helps you explore the hiding patterns you've developed and guides you toward the healing grace and truth of safe, connected relationships with God and others.

Central Resources

Celebrate Recovery

Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, habits, and hang-ups. At the core of Celebrate Recovery, you can experience the 12-steps, the 8-Recovery Principles, and their biblical comparisons, establishing a healing relationship with Christ and others. There is no registration necessary. Celebrate Recovery meets every Monday at 6:30 PM in the Higher Grounds Cafe on our Mesa Campus providing a safe and confidential environment to heal from life's struggles.

BOUNDARIES

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives.

At CENTRAL, we provide a nine-week guided program via Zoom based on Dr. Henry Cloud and Dr. John Townsend's book, providing biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

Parents of Addicted Loved Ones (PAL)

Parents of Addicted Loved Ones is a Christian-based support group of parents helping parents. PAL meets every week to offer education and support, at no cost, for parents who are dealing with a child battling addiction. PALs can also help spouses who have a partner with addiction issues. PAL is especially helpful for parents and spouses; however, all other sober family members and friends (18 years or older) are welcome at our meetings.