



Coaching Tool:

Is There Grace After My Adultery?

You are condemned to live under shame and guilt without hope of love or trust from anyone.	Vs.	God will convict you of your sin so you can repent and draw closer to Him so He can redeem you from your sin and make you a new creation who is loved and free.
--	-----	---

Examples Of What The Enemy Wants You To Think:

- I deserve to be shunned and disgraced
- I have committed an unforgivable sin
- I'm an untrustworthy whore
- I've destroyed my marriage and my family's lives
- No one will love me ever again
- I'm not worthy of forgiveness so I can't forgive myself

God's Truth Says:

1. Do I want to run away from God or toward God?
 - a. If you are wrapped up believing the enemy's lies, then you are bound to want to hide from God in fear or shame or guilt (like Adam and Eve did).
 - b. But God wants us to come to Him, *especially* after we have sinned. This allows Him to deal with us gently. He desires to show us where we tried to live on our own power and did not trust Him. This is what makes us susceptible to temptation.
 - c. God wants to show us how to heal by standing on His truths that build us up and restore us.
 - d. Always run toward God rather than away from Him: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize...we do it to get a crown that will last forever. (1 Corinth. 9:24-25)



2. Do I just accept blame or do I want to take responsibility and repent?
 - a. Repentance turns us around to go toward God. Jesus paid for this gift of repentance by dying on the cross. Because the price has been paid for our sins, God only asks that we change our heart to accept responsibility and move in a new direction – toward Him.
 - b. “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)
 - c. While we do need to change some of our routines and behaviors as a part of repentance, repentance is not just about our actions. God is more concerned with the state of our heart and our desire to love and trust Him. Ultimately, it is about restoring our relationship with a loving God.
3. Do I feel ashamed or hopeful?
 - a. Shame and guilt are rooted in fear, whereas hope is rooted in God’s love.
 - b. When you reach out to God with the full truth of what you have done, you’ll find that He will still love you. He wants you to bring Him into the cracked and hurting places of your heart. He is love and love casts out the shame and guilt rooted in fear.
 - c. As long as God has given you breath, He is not done writing you into His story. Trust His lead. Let Him show you how He wants to work with you to strengthen His kingdom.
 - d. “Many are saying of me, “God will not deliver him.” But you, LORD, are a shield around me, my glory, the One who lifts my head high.”(Psalm 3:2-3)

Watch This Video:

Still That Girl – Britt Nicole

Questions To Help You Process This Concept:

1. Ask yourself the 3 questions above to help you determine where you are. Have you been living under Satan’s condemnation or God’s conviction?



2. Which of the enemy's lies mentioned above do you believe or struggle to resist?
Are there any more that were not on this list?

3. Have you been running away from God or toward God with your thoughts and feelings? If you've been running away, what has held you back?

4. How do you think it would feel if you brought all of your junk and pain to God and He loved you and forgave you anyway?

5. Are you sensing that something is interfering with your relationship with God? Could it be shame or guilt? If so, repent so that you can be restored to His loving heart.



Exercises:

1. Make a list of any areas of sin that you still feel shame or guilt about.
2. Take that list to God in prayer and confess. (If you have a trusted friend, ask them to walk through this with you.)
3. Ask God to forgive you and then choose to forgive yourself.
4. Ask God to be merciful and cancel any curses associated with the sins.
5. Ask God for healing and restoration in any areas that the sin has consequences.