



Unashamed Study Guide: Drop the Baggage, Pick up Your Freedom, Fulfill Your Destiny

Christine Caine

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Shame has no place in the purpose, plan, and destiny God has for us because shame lies to us, robs us of the freedom we long for, and shackles us in the prison of our past.

In *this five-session video Bible study, author and teacher*, Christine Caine, weaves examples from her life with those of biblical characters who failed but overcame their shame to show how God heals us and redeems us. In her passionate style, she explains that if we want to change our futures, we have to believe God is bigger than our mistakes, our inadequacies, our pasts, and our limitations. We have to believe God created us for a unique purpose, has a specific plan for us, and has a powerful destiny he wants us to fulfill.

God has already won the victory over sin and its shame, and we do need to spend our lives believing the lies of the deceiver. Instead, we can allow ourselves to be defined by God's truth and choose to see ourselves the way God does—through the lens of his eternal perspective. So join the journey. Stop merely existing and start thriving. Lay hold of the power of Jesus Christ today and step into his future—a beautiful, full, life-giving future filled with purpose. You can live unashamed!

Session titles include:

Session 1: Run, Don't Hide (Run to Jesus, Don't hide From Jesus)

Session 2: Today is the Day (Shame Off You Today)

Session 3: Posses Your Inheritance (You Must Go In and Take It)

Session 4: God Never Wastes a Hurt (Our Scars Can Become a Sign of Victory, Not Shame)

Session 5: Highly Unlikely (God Uses Ordinary People to Achieve Extraordinary Results)

This companion study guide will lead you and your group deeper into the video content with guided session-by-session discussion questions, personal reflection questions, and between-sessions studies to enhance the group experience. Designed for use with *Unashamed: A DVD Study* (ISBN 9780310698739, sold separately).



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