

The Pray More Lenten Retreat Study Guide

Overcoming Shame and Sin with Beth Davis

Reflective Questions

“Neither do I condemn you. Go and from now on do not sin anymore.” – John 8:11

1. Beth discusses the hold that shame from past sins had over her own life. She says that she even felt shame over things that were not sinful. Have you ever struggled with excessive shame in your life? In what areas of your life are you most prone to struggle with shame?
2. Whenever we sin, we should turn immediately to Jesus and admit that we have sinned. How can you grow stronger in this practice of running to Jesus when you have sinned?
3. When we sin, we should always seek forgiveness in Confession. But it can also be helpful to talk about our sin with another person whom we trust. Have you ever benefited from having a person keep you accountable in the past? Who can you turn to for accountability in the areas where you are struggling most now?
4. Jesus’ words to the woman caught in adultery show us His mercy toward sinners. How might meditating on these words of His help you as you seek to overcome shame?