

WORKSHEETS AND SCRIPTURES

These worksheets are taken from the book *Our Hands His Healing* and form part of the section on Pastoral Prayer Ministry. Sheets may be printed and given to the person coming for prayer ministry to work on between sessions.

All scriptures are taken from NIV unless otherwise stated.

SHAME

Look at the Scriptures on this sheet and ask the Holy Spirit to feed you with the truth.

If you feel dirty or ashamed, invite the Lord to cleanse you:

“Take off his filthy clothes... I have taken away your sin and I will put fine garments on you.”

Zechariah 3:4

Visualise it if you can, or just say out loud, “Jesus, I am taking off the shame...” – do this as if it were a garment. Put on clean clothes – be “clothed with Christ”. Acknowledge that Jesus now lives in you – receive His purity. Offer your body as worship to Him:

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.”

Romans 12:1

“Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.”

Romans 6:13

Choose from now on to live in the healing you have received. When we receive healing, we sometimes retain the habit of living the old way. We have received freedom, but we need to discipline ourselves to walk in it (Galatians 5:1)

Forgiving others is a necessary part of the healing process. We come to Jesus and confess our deep feelings against others who have hurt us; we then need to extend the same forgiveness to others and cancel their debt to us.

Surrender to Jesus any feeling of being a victim. See Him standing at the foot of the cross and bring it to Him. What happened to you is no longer your identity.

The worksheets on identity and loss may also be helpful.

Scriptures

“In you, Lord my God, I put my trust.” I trust in you; do not let me be put to shame, nor let my enemies triumph over me. “No one whose hope is in you will ever be put to shame, but shame will come on those who are treacherous without cause.”

Psalm 25:1,3

“In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.”

Psalm 31:1

“I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.”

Psalm 34:4,5

“And we eagerly await a Saviour from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.”

Philippians 3:20–21

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.”

1 Corinthians 6:19,20