

PRAYERS TO ERADICATE SHAME

Shame attacks the core of our identity, making us feel worthless, insignificant, and weak, isolating us from each other and from God. Shame withers when we are connected to the God of infinite worth, overwhelming compassion, and endless love. May these words help you enter into prayer when shame is weighty and raw.

MY HEART IS HEAVY WITH SHAME

Heavenly Father, my heart is heavy with shame, bleeding from wounds that need healing. Give me the courage to look honestly at the shame I carry. Illuminate even the darkest, most hurtful words. Let me see them and myself through Your eyes. Renew me and fill my heart with hope. How I long to release the shame and trust more deeply in Your unending love! In Jesus' name, I pray, amen.

TODAY, THE SHAME FEELS RAW AND HEAVY

God, these small prayers … do they even count? Today the shame feels raw and heavy, and if I'm honest, a little suffocating. Help me fix my thoughts on You. I am not confident of much right now, but I remain confident of this: *I will see the goodness of the LORD in the land of the living.* (Psalm 27:13) In the Lord alone, I will pray today. Amen.

HELP ME FORGIVE THOSE WHO HAVE SHAMED ME

Heavenly Father, help me forgive those who have shamed me, questioning my faith, asking what I did to cause my illness and pain and what I'm not doing to cure it. When I am tempted to sink beneath the words of shame wielded by those who would judge rather than love, remind me that You are *compassionate and gracious, slow to anger, and abounding in mercy.* (Psalm 103:8 EHV) Perhaps it is through my weakness that You are revealing my purpose—to pray for those who have hurt me. May I be willing. Amen.

WHEN SHAME THREATENS TO DEFINE ME

Lord, You know the weight of shame I carry and how it threatens to define me. Give me the courage to face it with honesty and humility as a chance to grow and heal. Remind me that shame does not determine my identity; only You do. I place it in Your hands. Wash it away, Lord, wash it all away. In Jesus' name, I pray. Amen.

BREAK THE SHAME, LORD

Heavenly Father, help me release the judgments and criticisms I impose upon myself. Let me see myself as You see me—a beloved child worthy of compassion and endlessly loved, one who is fearfully and wonderfully made. Show me the beauty and goodness You see in me. It is only in You that I can overcome the shame that has been spoken over me and into me for so many years. Oh, may it be so! In Jesus' name, I pray, amen.

THE LIES OF SHAME

Heavenly Father, give me the wisdom to recognize the lies of shame and the courage to embrace the truth of Your unconditional love and acceptance. Reveal the truth. Show me how to be grace-filled and compassionate with myself, just as You are with me. Amen.

WHEN I FEEL WEAK, UNWORTHY, AND DEFEATED

God of All Comfort, shame is making me feel weak, unworthy, and defeated. How I long for deliverance! Remind me that my identity is not rooted in the words so harshly brandished over me but in You. I am Your child, bought at great price, redeemed, and set free. *There is now no condemnation for those who are in Christ Jesus.* (Romans 8:1) Let this truth seep into the marrow of my bones. You look beyond all that fills me with shame and see me for the precious person I am in You. Help me to surrender even my wounds. Thank You for loving me just as I am. Amen

LOVE IS THE ANTIDOTE FOR SHAME

God, I am so grateful I don't have to pull myself together for You. You see me, know me, and love me completely. Help me reframe shame, to grow from it instead of sinking beneath it. Remind me often of the words of Psalm 139:12, *… even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.* Shame cannot hide from You, for the light of Your love overcomes it. Such incredible grace, Lord! I am so grateful! Amen.

FOR THE JOY SET BEFORE ME

Jesus, for the joy set before You, You *endured the cross, scorning its shame.* (Hebrews 12:2) How did You do it? How did You carry the weight of *all* shame? I am crushed by the humiliation wielded by just one person. Teach me to focus on the joy set before me: the day I will see You face to face, healed and whole and wholly without shame. May it be soon, Lord. Amen.