

w e e k e n d m e s s a g e s e r i e s

Lunchroom



October 5, 2025

Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?” “No, Lord,” she said. And Jesus said, “Neither do I. Go and sin no more.”

-John 8:10-11

Reflect

Pause and be still for a moment. Invite Jesus to speak to you from His word.

Read the full passage in your Bible - John 8:1-12 NLT

What is it from these verses that grabs your heart or sparks curiosity?

Put yourself in this woman’s shoes for a moment. What might it have been like (felt like?) to be her and to be in these circumstances?

Have you ever felt caught in the darkness of shame? You might be there right now. What was that or what is that like for you? Have you ever experienced God breaking into your shame?

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Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

Invite God to transform you, to help you embrace your identity in Christ, letting go of guilt, shame, fear, and self-condemnation, and walk in freedom and joy.

Ask God to bring to mind someone who is struggling with shame. Pray for them and reach out to them in love this week.

Live It Out

Shame is an attack on our identity, and in Jesus, we are given a new identity that is free of shame. This week, speak these truths of identity over you as you walk throughout your day:

Monday: I am forgiven. (1 John 1:9)

Tuesday: I am beloved. (Romans 5:8)

Wednesday: I am chosen. (Ephesians 1:4)

Thursday: I am God's child. (John 1:12)

Friday: I am a new creation. (2 Corinthians 5:17)

Saturday: I am free from shame. (Romans 8:1)

Sunday: I am God's masterpiece. (Ephesians 2:10)