GUILT & SHAME

“I confess all …”

\_\_\_\_All Guilt and Shame

\_\_\_\_All Hurt and Pain

\_\_\_\_Excuses

\_\_\_\_Blame

\_\_\_\_Denial

\_\_\_\_Turning my Back on Important Matters

\_\_\_\_Holding Debt against Myself

\_\_\_\_Rejection of Self, God or Others

\_\_\_\_Bitterness and Anger towards Self, God or Others

\_\_\_\_Destructive Habits and Patterns

“..and I confess it for myself, my parents, my grandparents, my great grandparents and all of my ancestors back to Adam… and I renounce its hold on my life and on my family line.”