

SCARLET HILTIBIDAL  
**ASHAMED**  
FOR TEEN GIRLS

**A NOTE TO PARENTS:**

Shame is a devastating piece of living in a world broken by sin, and sometimes, we can feel hopeless to overcome it. Shame is a lie, but Jesus is better. He took on our shame on the cross and defeated it. When we're in Him, we don't have to walk in our shame anymore.

In this 6-session Bible study, author and singer Scarlet Hiltibidal invites your teen girl to join her on a journey to discover where shame comes from, understand how Jesus frees us from our shame, and see how to erase your shame reel and live in that freedom.

**SIX SESSIONS:**

- Session 1: Introduction
- Session 2: Ashamed Isaiah
- Session 3: Ashamed at the Well
- Session 4: Ashamed Peter
- Session 5: Ashamed Paul
- Session 6: Shame Crucified

To find out more about this study,  
check out [lifeway.com/ashamed](http://lifeway.com/ashamed).

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