



FROM SHAME TO SHALOM

SEEING YOURSELF WITH GOD'S EYES

Workbook and Listening Guide

Heidi Bylsma-Epperson





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Welcome to the Journey from Shame to Shalom

Gentle. Honest. Holy.

This is a sacred invitation to see yourself through God's eyes.

You don't need to hide here.

This is not a place for fixing, performing, or proving.

This is a place for exhaling. For being seen.

For letting the tender gaze of God meet you in the very places you've felt most ashamed.

This journey won't ask you to change yourself.

But it will invite you to see yourself differently—
through the eyes of the One who formed you in love and calls you "beloved."

What to Expect Each Week

Each week includes:

- A short video teaching (watch in the course portal)
- A Scripture-based workbook with journaling prompts
- Mind renewal tools like the God List, Praisefest, and Truth Lists
- A gentle Practice & Prayer to carry with you

You don't have to get it "right."

You don't have to feel ready.

You are free to move at the pace of the Spirit—step by step, breath by breath.



♥ A Word Before You Begin

Shame may whisper that you're too much... or not enough.

But God's voice is kinder.

He sings over you with joy.

He calls you by name.

He brings beauty from what feels broken.

So if you're coming here weary, unsure, or hoping for something deeper—

You're in the right place.

Come as you are.

You are already seen.

Already loved.

Already invited.

Take a breath, beloved.

Let's begin.

You are not alone—we walk this path together toward shalom.





Introductory Lesson

Seeing Yourself Through God's Eyes

KEY POINTS

1. Shame says hide—God says come close.

From the beginning, God has responded to our shame not with rejection, but with pursuit and presence. (Genesis 3:10–11)

2. Jesus bore our shame to restore our peace.

The cross wasn't just about sin—it was about breaking shame's power and inviting us into shalom. (Hebrews 12:2)

3. You were created for wholeness—body, mind, and spirit.

Shalom is more than peace; it's the state where we flourish. You don't need to fix yourself to belong here—you are already seen and loved.

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Introductory Lesson

Reflection Prompts

- When have you felt the need to hide, like Adam in the garden?
- In what areas of life have you been striving, bracing, or disconnecting?
- How does it feel to imagine shalom—not just as a concept, but as your birthright in Christ?

Introductory Lesson

For Prayer and Meditation

Take time this week to linger in these scriptures. Read slowly. Ask the Holy Spirit to highlight one truth to carry with you. You might journal, pray through them, or simply sit in silence with one verse each day.

*"Do not be afraid; you will not be put to shame.
Do not fear disgrace; you will not be humiliated." Isaiah 54:4*

God's heart is not to expose you in shame but to lift you into dignity.



*"Those who look to Him are radiant;
their faces are never covered with shame." Psalm 34:5*

Let His gaze restore your radiance.



*"But while he was still a long way off, his father saw him and
was filled with compassion for him..." Luke 15:20*

Even in our shame, the Father runs toward us.



*"The Lord your God is with you... He will take great delight in you...
He will rejoice over you with singing." Zephaniah 3:17*

Your identity is secure in the delight of God, not the voice of shame.



*"Therefore, since we have been justified through faith,
we have peace with God through our Lord Jesus Christ." Romans 5:1*

Peace isn't something you earn. It's your gift in Christ—shalom restored.





Lesson 1

Reclaiming the Mirror: Seeing What God Sees

KEY POINTS

- 1. The mirror is not the measure of your worth — God is.**
- 2. Shame distorts what we see; God restores our vision.**
- 3. Our bodies are not problems to be fixed, but reflections of intentional design.**
- 4. God invites us to reclaim the mirror as a sacred space of truth and peace.**

Lesson 1



Reflection Prompts

- What messages have you heard (or told yourself) when looking in the mirror?
- How have cultural expectations shaped your perception of your body?
- What would it mean to allow God's truth to speak louder than shame this week?
- Describe a moment — recent or distant — when you experienced shalom in your body.

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Lesson 1

For Prayer and Meditation

"Do not be afraid; you will not be put to shame..."
-Isaiah 54:4

God lifts shame off your shoulders and restores your dignity.



"Those who look to Him are radiant..."
- Psalm 34:5

His gaze brings light to your face and healing to your heart.



"...his father saw him and was filled with compassion..."
- Luke 15:20

Even in your shame, God runs toward you with love.



Choose one to copy out, post on your mirror, or memorize this week.





Lesson 2

Clearing the Lens: Releasing Cultural Distortions

KEY POINTS

1. We all wear lenses that distort how we see ourselves.
2. Culture's messages often contradict God's truth.
3. Taking thoughts captive helps us identify and release lies.
4. God's Word offers a clear, grace-filled lens of identity.

Lesson 2

Listening Guide Questions



Listen For...

As you watch, jot down what stirs your heart. Listen not just with your ears, but with your spirit. What is God whispering to you?

1. What are some common cultural lies about identity or worth?
2. How does Romans 12:2 invite us into transformation?
3. What does it mean to "clear the lens" spiritually?
4. Which scripture stood out to you most in today's teaching?

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Notes/Journaling Space

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Lesson 2

For Prayer and Meditation

"Do not be afraid; you will not be put to shame..."
-Isaiah 54:4

God lifts shame off your shoulders and restores your dignity.



"Those who look to Him are radiant..."
- Psalm 34:5

His gaze brings light to your face and healing to your heart.



"...his father saw him and was filled with compassion..."
- Luke 15:20

Even in your shame, God runs toward you with love.



Choose one to copy out, post on your mirror, or memorize this week.



LESSON 3

When You Feel Too Much or Not Enough

KEY POINTS

1. Shame often labels us as either “too much” or “not enough.”
2. These labels do not reflect God's design or voice.
3. You are not a problem to solve — you are God's intentional workmanship.
4. Healing comes by identifying shame-based thoughts and replacing them with truth.

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Lesson 3

Reflection Prompts



 **Reflection Prompts**

- What are 2–3 shame labels you've worn — or still carry?
- Where did they come from (a person, experience, culture)?
- How have these labels shaped how you treat yourself?
- What would change if you no longer believed those labels were true?

Lesson 3

Truth to Hold On To

Shame Label Exchange

Choose one shame-based message and complete this:

- Shame Message: _____
- God's Truth (Scripture or God List): _____

For example:

Shame Message: "I'm too emotional"

God's Truth: "God collects my tears and calls me tenderhearted." – Psalm 56:8

Repeat the truth daily. Write it on your mirror or carry it in your journal.

Breath Prayer

Inhale: "I am Your workmanship..."

Exhale: "...and I am fully loved."

Practice it when shame starts whispering "too much" or "not enough."

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Lesson 3

For Prayer and Meditation

This week, let God's gaze be your mirror. Let His Word remind you who you truly are.

*"Fear not, for I have redeemed you;
I have called you by name, you are Mine."
Isaiah 43:1*

You are not nameless. You are known and claimed.



*"You have searched me, Lord, and you know me."
Psalm 139:1*

You are fully seen—and still fully loved.



"

*He calls His own sheep by name and leads them out."
John 10:3*

You are not a face in the crowd. You are His.



*"You are the God who sees me."
Genesis 16:13*

Even in the wilderness, God sees and cares.



*"I know you by name and you have found favor with Me."
Exodus 33:17*

God's favor rests on those He loves—you.



Lesson 4

From Judgment to Curiosity

KEY POINTS

1. Self-judgment keeps us stuck in shame.
2. Curiosity opens the door to grace and transformation.
3. Jesus offers truth without condemnation.
4. Responding with compassion aligns us with the Spirit.

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Lesson 4

Reflection Prompts

 **Reflection Prompts**

- What does your inner dialogue sound like when you "mess up"?
- What phrases do you say that are rooted in shame or punishment?
- How might curiosity help you understand what's underneath a behavior?
- What would it look like to sit in the dust with Jesus instead of hiding from Him?

Lesson 4

Practice & Prayer

The “Look and Learn” Tool

Next time you feel shame after self-talk or another choice you regret, prayerfully invite God to show you:

- What just happened?
- What triggered me to speak that way?
- Where did I run for comfort?
- What do You, Lord, want me to choose next time?

Write your insights down — not as punishment, but as practice.

Breath Prayer

Inhale: “There is no condemnation...”

Exhale: “...only grace and truth in You.”

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Lesson 4

For Prayer and Meditation

Listen closely this week. Whose voice is the loudest in your inner world? Let God's voice rise above the noise.

*"There is now no condemnation for those who are in Christ Jesus."
Romans 8:1*

Shame condemns—God invites and restores.



*"My sheep listen to My voice; I know them, and they follow Me."
John 10:27*

God's voice is tender, steady, and true.



*"Whether you turn to the right or to the left,
your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"
Isaiah 30:21*

He is always guiding—even in the quiet.

"



*The accuser... who accuses them day and night... has been hurled down."
Revelation 12:10*

The voice of shame has already lost its power.



*"Then neither do I condemn you," Jesus declared.
John 8:11*

Grace speaks louder than guilt.



Lesson 5

Boundaries Are Not Shameful

KEY POINTS

- 1. Boundaries are not about restriction — they're about protection.**
- 2. Shame twists boundaries into punishment.**
- 3. Spirit-led boundaries are rooted in value and care.**
- 4. God's boundaries are always for our flourishing.**

Notes/Journaling Space

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Lesson 5

Reflection Prompts

 **Reflection Prompts**

- What has your past relationship with boundaries looked like?
- Have you ever seen boundaries as a form of self-punishment?
- What would it mean to set boundaries as a way to honor your God-given value?
- What part of your life feels vulnerable or in need of protection right now?

Lesson 5

Practice & Prayer

Gentle Boundary Reset

This week, write one simple, grace-based boundary in one area:

- With yourself:
e.g., "I will pause before I comfort eat. I'll ask: What am I feeling?"
- With others:
e.g., "I will limit time with voices that stir comparison."
- With technology/media:
e.g., "I'll take breaks from content that reinforces shame."

Check in with God:

"Lord, am I protecting what You've called precious?"

Breath Prayer

Inhale: "Boundaries protect what is precious..."

Exhale: "...and I am precious to You."

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Lesson 5

For Prayer and Meditation

This week, ask God to show you the beauty and sacredness of the body He created for you.

"Do you not know that your bodies are temples of the Holy Spirit...?"
1 Corinthians 6:19–20

You are a dwelling place for God's Spirit.



"I praise You because I am fearfully and wonderfully made."
Psalms 139:14

Your design was intentional—crafted with care.



"Offer your bodies as a living sacrifice, holy and pleasing to God."
Romans 12:1

Your body can be an act of worship.



"Christ will be exalted in my body, whether by life or by death."
Philippians 1:20

Even your weakness can glorify Him.

"



You will be like a well-watered garden, like a spring whose waters never fail."
Isaiah 58:11

Your body is not broken—it is blessed to flourish.



Lesson 6

Learning from the Fall, Not Living in It

KEY POINTS

1. Everyone stumbles — but we don't have to stay stuck.
2. God doesn't avoid us when we fall; He draws near.
3. "Look and Learn" is a grace-based tool for growth.
4. Shame condemns; God coaches.

Lesson 6

Listening Guide Questions



Listen For...

As you watch, jot down what stirs your heart. Listen not just with your ears, but with your spirit. What is God whispering to you?

1. How did Adam and Eve respond after they sinned in Genesis 3?
2. What does God's first question, "Where are you?" reveal about His heart?
3. What are the steps of the Look and Learn tool?
4. Why is reviewing with God different from rehearsing shame?

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Lesson 6

For Prayer and Meditation

Let God speak compassion over the places where your inner critic has been loud. Let truth be the balm.

*"The tongue has the power of life and death."
Proverbs 18:21*

Let your words—even the ones inside—speak life.



*"If our hearts condemn us, we know that God is greater than our hearts."
1 John 3:20*

God's truth is stronger than self-condemnation.



*"Do not let any unwholesome talk come out of your mouths,
but only what is helpful..."
Ephesians 4:29*

Speak to yourself as one who is beloved.



*"He saved us... not because of righteous things we had done,
but because of His mercy."
Titus 3:5*

You are not saved by performance—but by grace.



*As a father has compassion on his children, so the Lord has compassion
on those who fear Him. For He knows how we are formed..."
Psalm 103:13–14*

God remembers your humanity—and responds with mercy.



Lesson 7

You Are Not A Project

KEY POINTS

- 1. Shame often disguises itself as perfectionism and striving.**
- 2. Seeing ourselves as “projects” fuels exhaustion and self-criticism.**
- 3. God is not rushing your healing — He is completing a good work.**
- 4. Transformation is Spirit-led, not self-managed.**

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Lesson 7

Reflection Prompts

 **Reflection Prompts**

- In what ways have you viewed yourself as a "project" to fix?
- What has that mindset cost you — emotionally, spiritually, physically?
- How might it feel to release the pressure and trust God's pace instead?
- Can you remember a time when transformation happened slowly but deeply? What was that like?

Lesson 7

Practice & Prayer

Release the Project

Write this statement on a blank page or mirror:

*"I am not a project.
I am a person, deeply loved and
being transformed by grace."*

Each day this week, read it aloud.

Let it become your posture, not just a phrase.

Breath Prayer

Inhale: "You are completing the good work..."

Exhale: "...and I don't have to strive."

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Lesson 7

For Prayer and Meditation

Bring your failures into the light this week. God is not ashamed of your stumbles—He is ready to redeem.

*"A broken and contrite heart You, God, will not despise."
Psalm 51:17*

God draws near to the honest and humbled.



*"Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light."
Micah 7:8*

Failure is not the end—it's a place of rising.



*"Suffering produces perseverance... character... and hope.
And hope does not disappoint..."
Romans 5:3-5*

Even pain is a pathway to deeper hope.



*"I will repay you for the years the locusts have eaten..."
Joel 2:25*

Nothing is beyond God's power to restore.



*"Because of the Lord's great love we are not consumed...
His mercies are new every morning."
Lamentations 3:22-23*

Fresh mercy meets you every single morning.



Lesson 8

From Shame to Shalom

KEY POINTS

1. Shalom is the wholeness we were created for — spiritually, emotionally, and physically.
2. The journey from shame to peace isn't linear — but it's always covered in grace.
3. We are invited to live from identity, not insecurity.
4. God's voice of delight leads us forward.

Lesson 8

Listening Guide Questions



Listen For...

As you watch, jot down what stirs your heart. Listen not just with your ears, but with your spirit. What is God whispering to you?

1. What does "shalom" mean beyond the absence of conflict?
2. How does the body's nervous system reflect the journey from shame to peace?
3. What are some characteristics of a life aligned with God's truth?
4. What does Zephaniah 3:17 reveal about how God sees you?

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Lesson 8

Reflection Prompts

 **Reflection Prompts**

- In what areas of life have you experienced increased shalom during this journey?
- Where do shame's whispers still try to resurface?
- What truth have you learned that you want to carry forward as an anchor?
- How do you want to respond to God's voice of delight in this season?

Lesson 8

For Prayer and Meditation

As you step forward, may shalom be more than a word—may it become your dwelling place.

"Let the peace of Christ rule in your hearts..."
Colossians 3:15

Let peace take the lead in every part of your life.



*"The fruit of righteousness will be peace;
its effect will be quietness and confidence forever."*
Isaiah 32:17

Peace grows where righteousness is rooted.



"The peace of God... will guard your hearts and your minds in Christ Jesus."
Philippians 4:7

Peace is your protection, not your reward.



*"Peace I leave with you; My peace I give you...
Do not let your hearts be troubled..."*
John 14:27

Jesus has already gifted you His peace.



"The Lord turn His face toward you and give you peace."
Numbers 6:26

You are blessed, kept, and covered in shalom.

From Shame to Shalom: Seeing Yourself Through God's Eyes

Shame whispers, "You are not enough."

God's Word declares, "You are fearfully and wonderfully made."

This 8-week journey is for every woman who has ever looked in the mirror and seen only flaws, replayed past failures until they defined her, or longed for the peace she reads about in Scripture but rarely feels.

Through rich biblical teaching, gentle reflection, and practical mind renewal tools, *From Shame to Shalom* will help you:

- Identify and release shame's lies
- See yourself through the lens of God's truth
- Learn to respond with compassion instead of criticism
- Build Spirit-led practices that cultivate lasting peace
- Walk in the wholeness ("shalom") you were created for



Coaches and teachers Heidi Bylsma-Epperson and Christina Motley lead you through Scripture, journaling prompts, breath prayers, and mind renewal exercises designed to move truth from your head to your heart.

Whether used on your own or alongside the live, interactive 8-week class, this workbook will guide you step-by-step from shame's grip into the freedom and delight of being fully known

and deeply loved. Come as you are. No fixing. No performing. Just the journey home to shalom.

