

Verses for Reading Assignment

Each day for a month read the same (one or more) of the passages listed. Or feel free to substitute your own favorite verse, chapter or book of the Bible. The goal is just to read the same passage(s) every day for a month. You can memorize, meditate, write or just read, but try to do it every day. Put the verse(s) up somewhere you can see them, bookmark or write them down somewhere.

Shame over sin and/or being sinned against

Psalms 103:2-18 "Praise the Lord, my soul, and forget not all his benefits—
3 who forgives all your sins and heals all your diseases,
4 who redeems your life from the pit and crowns you with love and compassion,
5 who satisfies your desires with good things so that your youth is renewed like the eagle's.
6 The Lord works righteousness and justice for all the oppressed.
7 He made known his ways to Moses, his deeds to the people of Israel:
8 The Lord is compassionate and gracious, slow to anger, abounding in love.
9 He will not always accuse, nor will he harbor his anger forever;
10 he does not treat us as our sins deserve or repay us according to our iniquities.
11 For as high as the heavens are above the earth, so great is his love for those who fear him;
12 as far as the east is from the west, so far has he removed our transgressions from us.
13 As a father has compassion on his children, so the Lord has compassion on those who fear him;
14 for he knows how we are formed, he remembers that we are dust.
15 The life of mortals is like grass, they flourish like a flower of the field;
16 the wind blows over it and it is gone, and its place remembers it no more.
17 But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—
18 with those who keep his covenant and remember to obey his precepts."

1 John 3:19-20 "This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything."

Psalms 34:4-5 "I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame."

Romans 8:1-2 "Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

Isaiah 61:7

"Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours."

Isaiah 54:4-5

"Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.
5 For your Maker is your husband—the Lord Almighty is his name—the Holy One of Israel is your Redeemer; he is called the God of all the earth."

Psalms 32:3-5 "When I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin."

For further reading: Isaiah 61