

Session 2.0

Spiritual Blockages

Identify where shame is causing blockages in your spiritual life
and call on God to fill these areas.

In what ways does holding
onto shame limit your faith?

I feel like my spirit
has blockages in:

These blockages
began when...

Write out the lies that
you need to let go of:

I'm hopeful for spiritual growth in.... I receive....

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RELEASE IT.



Complete each sentence.

1 Something heavy that I've been carrying is...

2 I am a strong person because...

3 My highest self looks like....

4 I want God to help me...

5 I give myself permission to heal because I deserve...

6 Sometimes I get in my own way because....

7 I struggle to communicate with God about.. because..

8 I can be accountable for changing...
