



**SIGN UP FOR GROCERIES - BE ON A TEAM - BE A TEAM CAPTAIN**

**1. Open your StAAC APP**

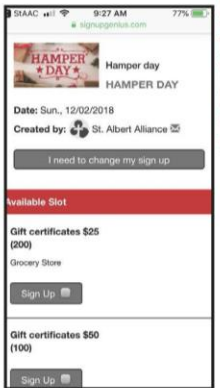


Click on Hamper Day - right next to the "Sunday Tab"

**2. Choose your adventure**



**If you picked "A"...**



**A=Grocery Sign-up**- Select the items you want to donate, put in the number and click sign-up

**If you picked "B"...**



**B= TEAMS** - Sign-up to be a part of a team or be a Team Captain!

**DID YOU KNOW?**

You can also sign-up for groceries and teams on our website or visit us in the lobby following the services and we will help you!

Download StAAC APP @ staalliance.org

*Spirit Filled*  
LIFE

**Overcoming Shame**

Doug Balzer  
November 18, 2018

**Psalms 25:1-3 ESV**

*To you, O Lord, I lift up my soul. O my God, in you I put my trust; let me not be put to shame; let not my enemies exult over me. Indeed, none who wait for you shall be put to shame...*

**What do you do with matters of the soul?**

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**Psalms 25:16-18 ESV**

*Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble and forgive all my sins.*

**Where does shame come from?**

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**How do I know if I have a root of shame deep in my soul?**

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**Shame causes me...**

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## God's Heart for your Soul

### Psalm 25:8-10 ESV

*Good and upright is the Lord; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies.*

### 5 Questions to Overcoming Shame

**1. Do I believe God is trustworthy?**

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**2. Am I willing to say: '[This] is true of me'?**

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**3. Will I invite Jesus to lead me to his pathways?**

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**4. Will I embrace the exchange of shame for honour?**

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**5. Will I submit to his work of renewing my mind?**

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### Apprenticeship Prayer Partner Questions:

1. To what extent have you trusted the kindness of God to walk you towards healing of the deeper wounds and shame in your life? Describe a time when this happened? If not, is there something holding you back?
2. What does it look like in your life to "be transformed by the renewing of your mind" (Romans 12:1-2)? Where is renewing needed? Where has renewing already begun? Where has renewing been largely completed?



## SUNDAY - DECEMBER 2, 2018

### WHAT IS HAMPER DAY?

It's a day to bless our community through tangible means - building and giving someone a Christmas Hamper.

We do not hold our normal worship services on this day, but instead turn the entire main floor of our building into a family-oriented, hamper building party.

### HOW CAN I GET INVOLVED?

3 Ways:

1. Buy groceries to donate (made super simple with our StAAC APP!)
2. Be a team 'captain'
3. Join an existing team

**Turn this card over for step by step instructions on how to sign up for groceries or a team.**

### BE ON A TEAM

Sign up now on your StAAC APP or our website if you want to be a part of a team. Teams are usually 4-10 people.

Don't worry if you don't know anyone... we will help place you if you need. Your team will receive a start time for Hamper Day and throughout that morning you will build your hamper, do a simple craft, take a fun pic, and enjoy fun food!

### BE A TEAM CAPTAIN

**1st Build a team.** You can invite anyone you want to build a hamper with you (although we get really excited when you invite your un-churched neighbours to join you).

**2nd Choose a recipient.** Our heart is to bless someone who we know could use some encouragement (tough financial reality, loneliness or the loss of a loved one, are all good options).