

## Week 14 Practice

Last week, we pushed back against the voice of shame by embracing our quirks and finding our worthiest identity in them, instead of hiding them. This week, we are going to push back against our shame in an even more radical way. While shame tells us our mistakes define who we are, anchoring us in painful and passive regret, the voice of grace is instead whispering of redemption. Your mistakes don't define you, your capacity for redemption does.

This week, make a list of your mistakes.

Go slowly. Record whatever comes to mind, regardless of how small or inconsequential it seems. Write down the big ones too, the ones which are painful to even recall. Over the first couple of days of this week, continue to add to your list. Identify at least ten. If you think of more than twenty, record the twenty that are most important to you, and then stop there—this week is not about condemning yourself; it's about fully embodying your most redemptive self.

Once your list is complete, place them in order, from the easiest and most feasible to redeem, to the most complicated or seemingly impossible to redeem. Redemption may include righting a wrong, issuing an apology, or seeking resolution where none existed. Once again, imagine yourself as the protagonist in your own story. Imagine watching yourself on the silver screen of your own life, wrestling with how to do something new today about an old mistake or regret. What would you want the character to do?

Begin with the "easiest" item on your list. But be careful, this redemption thing can get addictive. You might want to redeem something else on your list as well. If so, go for it. This exercise does not need to end at the end of this week. In fact, I hope it does not. Start to work your way upward to the more difficult mistakes and regrets to redeem.

Tell a redemptive story with your life. Now.