

Beyond Shame: Choosing Hope

A voluntary reflection after listening to the song "Unworthy"

The song is a personal Christian testimony about regret, shame, and receiving grace. You may participate in the reflection whether or not you share its religious beliefs. You may skip any question or choose not to share.

Listen & notice | Song length: 5:51

1. What feeling, phrase, or idea stood out to you?

2. What is the difference between guilt ("I did something wrong") and shame ("I am wrong")?

3. When shame shows up, what is one safe, healthy response you could try?

4. What strength or value do you want to carry forward in recovery?

One small step I can take this week:

Optional take-home listening: Scan the "He knows... Yet, He stays" trading card or visit the Spotify link below. Listening is entirely optional.

open.spotify.com/track/68aSKtx93Ay4pytaF3F5Gp

This worksheet is for reflection, not a substitute for clinical care or a relapse-prevention plan.

Grace Is Greater Than Shame

A Scripture-connected reflection after listening to "Unworthy"

The lyrics express a personal testimony: even in our shame, Christ offers mercy. You may skip any question or choose not to share. A private answer is still meaningful.

Listen & reflect | Song length: 5:51

1. Which lyric or part of the song reminded you of God's grace?

2. How is godly conviction different from shame that says you have no worth?

3. Read Romans 8:1. What might "no condemnation" mean for your recovery today?

4. What would receiving forgiveness look like in one practical choice this week?

Prayer or next step (optional):

Remember: You are more than your past. Reach out to a trusted support person when shame feels heavy. Listening again is optional; use the take-home QR card if you wish.

Romans 8:1 | 2 Corinthians 5:17 | Psalm 34:18

Spiritual reflection complements, but does not replace, evidence-based SUD treatment.

Lead a 20-Minute Reflection

Neutral, trauma-informed, optional group activity

Purpose

Help participants distinguish guilt from shame, identify compassionate self-talk, and choose one healthy coping response. The song has an explicitly Christian perspective; participation must remain optional.

0:00-2:00 | Introduce

"Today we will hear a personal testimony through music about shame and hope. It expresses Christian beliefs; you do not have to share those beliefs or disclose anything personal. You can listen, reflect quietly, or opt out."

2:00-8:00 | Play the song

Play "Unworthy" (5:51) from an authorized streaming source. Lyrics were written from the creator's personal testimony; vocals and musical production were generated with AI. Do not present the recording as a live human vocal performance.

8:00-15:00 | Quiet worksheet

Invite participants to complete whichever questions feel helpful. Avoid pressuring anyone to describe trauma, substance use history, or religious beliefs.

15:00-20:00 | Optional discussion

Prompts: "What can shame make harder in recovery?" "How might a supportive response differ?" "Who could you reach out to this week?" Validate diverse reactions, including discomfort with religious content.

Take-home resource

With program approval, offer a "He knows... Yet, He stays" Spotify QR card as an optional take-home item. No scanning, contact information, or follow-up required.

Safeguards: Obtain program approval. Respect clinical protocols and cultural/religious diversity. Do not use this activity as a diagnostic tool. If distress arises, follow the program's clinical response procedures.

Lead a Faith-Based Reflection

20-minute optional group activity centered on grace and recovery

Purpose

Invite participants to explore the distinction between conviction and shame, the promise of grace, and actionable recovery supports while honoring confidentiality and individual readiness.

0:00-2:00 | Introduce

"This song expresses one person's testimony of shame and Christ's mercy. You are welcome to participate as much or as little as you choose, and no one needs to share personal experiences."

2:00-8:00 | Play the song

Play "Unworthy" (5:51). The lyrics come from the creator's personal testimony. The vocal performance and music were AI-generated; make this transparent to participants.

8:00-15:00 | Quiet worksheet

Offer Romans 8:1 as a reflection verse. Participants can write privately about grace, forgiveness, and a next step in recovery. Do not equate relapse with spiritual failure.

15:00-20:00 | Optional discussion

Prompts: "How can shame keep us isolated?" "What is the difference between repentance and self-condemnation?" "What is one supportive action you can take this week?" End with an optional prayer if consistent with program practice.

Take-home resource

With staff approval, offer the Spotify QR trading card. Invite—not require—participants to listen later or share with someone who may find it meaningful.

Safeguards: Use only with program approval. Participation, faith discussion, and prayer are voluntary. This exercise supplements professional SUD care, safety planning, and peer recovery support.