

SHAME 101

Life Group Questions | Sunday, January 7, 2018

Is the topic of shame something you've explored before? On a scale of 1-10, how would you describe your comfort level in talking about shame? As we engage this topic, it's important to have awareness and compassion for the different places we may be coming from.

Read Genesis 2:21-3:1-13. How do you see shame at work in this story? What do you notice about the relationships: Adam and Eve's relationship to one another? The relationships between Adam and Eve and God?

What behaviors and emotions can you identify?

Re-read Genesis 3:7-10. Can you relate to the impulse to fear and hide? How so?

How would you describe the difference between shame and guilt?

As you feel safe to share, discuss the following "shame symptoms."
What symptoms resonate most with you?

- Judgmental or critical spirit toward self and/or others
- Isolation and disconnection
- Perfectionism
- Obsessed with approval
- Controlling
- Defensiveness
- Blaming others
- Trust issues
- Addiction
- Destructive behaviors
- Rage

Read Ephesians 5:8-14. Shame's greatest power comes from its ability to stay hidden. How does this passage invite us to respond to the shame we experience?

Read Genesis 3:21. As you move to prayer, take 1 minute for silent reflection on the ways you have experienced God "clothing" you, covering shame with his love and grace. Pray together.