

SHAME NO MORE: PANEL

Life Group Questions | Sunday, January 14, 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 (*you can skip this initial question if your group discussed it last week*).

What insights or questions have you been considering since the start of the Shame No More series?

What is resonating most with you from the panel this past Sunday? What is challenging you?

The first step in undoing the power of shame in our lives is to notice how and where it shows up. How would you describe the experience of shame? What does shame sound like? Feel like?

Read Ephesians 5:8-14. What hope do we have in exposing ourselves to the light? What are tangible practices or ways we can step in to that light?

Describe a circumstance in which you or someone else practiced vulnerability. What was that experience like?

Read Hebrews 12:1-3. How does this passage describe Jesus' journey through shame? What hope do we have as we confront the shame in our lives?

Pray together. Begin with one minute of silent reflection. Consider what next step God may be inviting you to take.