

# WHOLEHEARTED

*Life Group Questions | Sunday, January 21, 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*).

**Read Hebrews 12:1-3.** What do you think the author of Hebrews was trying to communicate? What is the stir in you as you read this text? What stands out?

According to this passage, why did Jesus endure the cross? Why would we follow in his pattern and confront the shame, sin, and pain in our own lives?

Discuss the following ways we can begin to seek wholeheartedness:

## **1. Name our shame.**

Shame's greatest power is its ability to stay hidden. Are there practices you have for noticing and naming shame in your life?

## **2. Cultivate a cloud of witnesses.**

What is a *great cloud of witnesses*? What are some of the things you value most about community and friendship? What role does community play in your life of faith?

## **3. Embrace vulnerability.**

What does the word "vulnerability" mean to you? Is vulnerability valued in the communities you are part of—work, family, hobbies, friendships? What gets in the way of our being vulnerable with others?

Take a minute for personal reflection on the following question. After reflection, group members can share their responses, if desired.

*What is one wholeheartedness practice would you like to pursue this week?*

**Pray together.**