

NO MORE SHAME ON YOU

Life Group Questions | Sunday, August 27, 2017

What have you been reflecting on from the sermon this weekend? What's resonating with you? What's challenging you?

Read Genesis 2:25 & 3:7-10

"Shame is not simply an unfortunate, random, emotional event . . . it is both a source and result of evil's active assault of God's creation . . . In other words, Genesis 2:25 is not just a passing description of humankind before Genesis 3. It is drawing our attention to the emotional fulcrum around which the history of sin rotates, the fundamental source, harbinger and herald of what is to come . . . As such, in the biblical narrative when we experience shame, we are not simply encountering one of an array of possible emotions; rather we are engaging in evil in its most fundamental mode of operation... Shame is the emotional weapon that evil uses to corrupt our relationships with God and each other."

The Soul of Shame

Curt Thompson

The first difficult, negative emotion in the Bible is shame. Have you experienced this dead weight of *not-good-enoughness*? How would you describe that feeling? What does shame sound like?

Read Philippians 2:5-8, Luke 9:1-10, and Luke 19:16-30. Reflect together on how Jesus' life and ministry directly attacked the stronghold of shame.

Read Hebrews 12:1-3, Luke 15:11-24, & Psalm 34:5. Discuss the following three ways we can partner with Jesus is undoing the shame game:

1. Scorn your shame.
2. Share your shame.
3. Surrender to love.

Pray for one another. Close with Numbers 6:22-26:

The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.

For further study, below are two powerful TED Talks on vulnerability and shame from researcher Brené Brown.

www.ted.com/talks/brene_brown_on_vulnerability

www.ted.com/talks/brene_brown_listening_to_shame