

Outside In - Shame
August 25, 2024

As you engage in this discussion, follow the Spirit's leading and share your thoughts as you reflect on the message. Work through the discussion guide by reading Scripture and reflecting on a couple of questions and points from the message.

Opening Questions

"Guilt is the feeling that you have done something bad. Shame is the feeling that you are bad."

- Talk about the difference between guilt and shame.

Read the following scriptures together.

2 Corinthians 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Genesis 3:7

*Then the eyes of both of them were opened, and **they realized they were naked**...*

Genesis 3:7-8

*Then the eyes of both of them were opened, and **they realized they were naked**; so they **sewed fig leaves together and made coverings for themselves**. Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and **they hid from the Lord** God among the trees of the garden.*

John 16:8

When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment:

John 16:9-11

about sin, because people do not believe in me; about righteousness, because I am going to the Father, where you can see me no longer; and about judgment, because the prince of this world now stands condemned

Romans 8:37-39

No, in all these things **we are more than conquerors through him who loved us.** For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, **nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

A FEW QUESTIONS TO PONDER DURING YOUR DISCUSSION

- Can you see the shift from guilt to shame in the story of Adam & Eve?
- How is conscience a gift from God but NOT God?
- Can you recall when you were consciously aware of feeling shame?
- What are some of the lies that you believe that lead you to guilt or shame?
- How has this shame affected you? What labels has it led you to accept about yourself?
- Can you see that shame pointing you to Jesus? How?
- How does God want to redeem that shame?
- Are you willing to learn how to experience God's thoughts toward yourself rather than your own?

CLOSING: PRAY FOR YOURSELF AND YOUR GROUP

Pray for God to heal past and present sources of shame, reshape your self-image by reassuring you that He sees you through the righteousness of Jesus, and remind you that in Jesus, you are a "new creation."