



GETTING TO A HEALTHY PLACE WITH SHAME

WEEKLY ACTION STEP

Write down the shame that is affecting you in your life. Go for a walk and offer that shame up to God in prayer. When you arrive back home, throw away the paper in the same way Jesus has gotten rid of your shame.

TAKEAWAYS

- Shame alerts us that something is broken in our relationship with God or the people around us.
- Everyone has a journey with shame, rejection, worthlessness. The only question is which direction you're headed in your journey.
- Continue keeping your eyes on Jesus who trades shame for honor. Do this by listening to His words and bringing your wounds to His people.

SCRIPTURE

Hebrews 12:1-2; 1 John 1:9; Ephesians 1:4; Romans 8:39; Philippians 3:13-14

QUESTIONS

1. In Hebrews 12:2, we are reminded to keep our eyes on Jesus. Only Jesus can transform our shame with His honor. What keeps you from fixing your eyes on Jesus?
2. When in your life has a healthy shame caused repentance and a return to Jesus?
3. Pastor John reminds us that some shame is normal, but God wants us to have a healthy sense of shame, not one extreme or the other (too much shame or none). When you're struggling with genuine (not false) shame, what steps can you take to address it?
4. Has there ever been something you wanted to do but feelings of unworthiness prevented you from even trying? If so, what was it, and how would knowing that you were accepted and honored by God change that?
5. What hope does 1 John 1:9 give to you as you face your own shame and sin? Have you acted on that hope? If so, how has that decision affected your walk with Jesus?
6. Read Ephesians 4:22-24 and Philippians 3:13-14. Explain why fixating on past sins is a mistake that undermines what God wants you to do for His kingdom.
7. Read 2 Samuel 11:1-12:25; 1 Kings 3:5-14 and Romans 8:28. Explain each of David's sins and the consequences. How did David express healthy shame in the situation? How did God forgive and redeem David? What challenge and what hope does that offer you as you examine the sins in your life?