**Smoke Signals**

**Stepping out of Shame and Into Love - Week 1**

**Small Group Notes**

**October 10th, 13th 2019**

**Main Point:** We all know what shame feels like. Jesus took our shame and He transforms our shame.

**Introduction:** Have you ever been caught singing in the car at a stoplight?   
  
Do you remember a time when you were a kid in school and got embarrassed?

All of us, at some point, know what it is to experience shame. It can range from simple embarrassment to things much more serious.

**Discuss:**

1. **Read Luke 8:40-43**

What do you think it was like for Jesus to be surrounded by that many people?   
  
Do you like being in crowds?

What are some characteristics that you see that would describe the woman in the crowd?

2. **Read Luke 8:43**

How do you think the woman felt?

How would you feel about being sick for 12 years? (And no one could help you?)

3. Read **Luke 8:44-45**

Have you ever been too frightened to come to God with a problem? Why?  
  
What stands out to you about Jesus’ power? (His purposes?)

**Dig Deeper:**

***Luke 8:40–43 (NIV****):40Now when Jesus returned, a crowd welcomed him, for they were all expecting him. 41Then a man named Jairus, a synagogue leader, came and fell at Jesus’ feet, pleading with him to come to his house 42because his only daughter, a girl of about twelve, was dying.*

*As Jesus was on his way, the crowds almost crushed him. 43And a woman was there who had been subject to bleeding for twelve years, but no one could heal her.*

* **We all know what it is to experience shame.**
* **Shame makes us want to hide.**

How would you define shame? How would you distinguish it from embarrassment?
  
  
How would you distinguish shame and guilt? They overlap, so their treatments overlap, but what does shame need that makes it unique?

**Transition**: With this in mind, the first order of business is to face shame and describe it. Once out, it will put up a fight. But there is a path that actually leads away from shame and ends in acceptance and honor

***Luke 8:44-48:*** *“44She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. 45“Who touched me?” Jesus asked. When they all denied it, Peter said, “Master, the people are crowding and pressing against you.” 46But Jesus said, “Someone touched me; I know that power has gone out from me.” 47Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. 48Then he said to her, “Daughter, your faith has healed you. Go in peace.”*

* **Jesus healed her and took away her shame.**
* **Jesus meets us in the midst of our shame and calls us beloved**.

How was her faith obvious to Jesus?

Why do you think Jesus makes the sick woman reveal herself? For his sake? Or for her sake (46-48)?  
  
Can you see the benefit of putting the experiences that shamed you into words and actually speaking those words to someone?   
(One benefit is that it shatters the myth that shame must remain hidden at all costs.)

What are other benefits?

In light of these points, what encouraging thing does this story tell you about the character of God?

**Luke 8:49-56 (NIV)** *While Jesus was still speaking, someone came from the house of Jairus, the synagogue leader. “Your daughter is dead,” he said. “Don’t bother the teacher anymore.” 50Hearing this, Jesus said to Jairus, “Don’t be afraid; just believe, and she will be healed.” 51When he arrived at the house of Jairus, he did not let anyone go in with him except Peter, John and James, and the child’s father and mother. 52Meanwhile, all the people were wailing and mourning for her. “Stop wailing,” Jesus said. “She is not dead but asleep.” 53They laughed at him, knowing that she was dead. 54But he took her by the hand and said, “My child, get up!” 55Her spirit returned, and at once she stood up. Then Jesus told them to give her something to eat. 56Her parents were astonished, but he ordered them not to tell anyone what had happened.*

* **Jesus touches our shame.**
* **We need the touch of Jesus**

**Touch in Faith:** There had lots of jostling and bumping in this crowded village—lots of inadvertent touch. The sick woman’s touch, however, was highly intentional. It is no wonder that the woman was embarrassed when her action was made public. The law prohibited her from touching others but desperation makes you do things you otherwise wouldn’t do. As it happens, desperation is one of the main ingredients of faith. Faith means you need healing, you can’t do it yourself, and you are confident that Jesus is the hands-on Healer.   
  
What do you know about Jairus’ *daughter in (v.49)?*

Why is (v.54) so remarkable? (Perfect holy man touching a dead body)

Shame makes us feel “untouchable.” You have undoubtedly known cruel touch. Have you ever experienced meaningful, personal touch that temporarily broke through your shame?
  
  
Are you willing to “contaminate” Jesus?   
  
  
**Ultimately Jesus transformed our shame on the cross**. The gospel is an unbalanced transaction that displaces our shame and replaces it with holiness. The apostle Paul put it this way: “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God” **(2 Corinthians 5:21**). With our touch, Jesus becomes our scapegoat. In his touch, Jesus takes our sin and absorbs our shame (Psalm 69:9; Romans 15:3), and we receive his righteousness  
  
**Hebrews 12:2 (ESV)** “Look to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God

Have you ever run from Jesus’ touch? Why?   
Have you ever run toward him to touch him?

**Do:**

What do you want to hide? That is a shortcut to identifying shame in your life.
  
  
Think of ways that you can face shame and describe it this week to someone you trust.

What is one way that you can represent the touch of Jesus to someone in your life?

How can we pray for you?