



Grace Group Guide

United Purpose: Together we will designate time and place to deepening our desire for God, caring for and urging each other to action!

United Actions: WL Groups...

-Scripture: Be in the Word together

-Encouragement: One another each other

-Prayer: With and for each other and the lost

-Accountability: Now What? Put it into action!

Icebreaker: What is an embarrassing moment that happened in your life?

Transition: We are talking about shame and that can be a painful emotion. Our discussion is going to talk through shame and what our response should be to it.

-Discussion-

- What is the difference between guilt and shame?
 - Guilt: I did something wrong.
 - Shame: I am wrong, unlovable, unworthy.
- Split your group into 2-3 groups. Give each one a group of verses and have them discuss what they have to do with our topic of shame.
 - Genesis 2: 21-25 & 3: 7-10
 - Romans 3: 23 & Romans 8: 1
 - Hebrews 12: 1-3 & 1 Peter 2: 24-25

*We feel shame because sin entered the world and we sin. But Jesus has provided a way for us to be freed from our sin! He paid the ultimate price by dying for our sin.

- What ways have you seen shame damage someone's identity?
- Kip shared multiple ways that people mis-handle shame. Which ones do you relate to the most?
 - Denial, Numbing, Redefining sin, Trying harder, Punishing yourself, despair
- What truths from Scripture help to pull you out of shame?
 - Reflect on Romans 3: 23, Romans 8:1, Hebrews 12: 1-2
- Why is community so critical to helping us overcome shame?

-Application-

- What lies does shame tell you personally? (Give some time for your group to reflect silently. This is not an area where you need to ask them to share.)
- What Scripture will you use to help you release shame?
- Is there someone that you need to talk to that will help you overcome shame?

-Prayer-

- Pray with and for your group.
- What requests do they have?