SERMON DISCUSSION QUESTIONS
NO SHAME NOVEMBER WEEK 1

While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to ***southeastchristian.org*** *to join a group in person or online, wherever you are - today!*

What's a fad you participated in that you are embarrassed to have been a part of? (Did you listen to disco? Buy Beanie babies?) What's something that, looking back on, you are embarrassed about? Why do we typically try to avoid those feelings of shame and embarrassment? How do those "cringe" moments stick with us long after the fact?

Read Genesis 3:1-13. What happened to Adam and Eve in the Garden? In what way did they sin against God? How did this introduce shame into the biblical story? What was their initial solution for their shame? Why are our solutions to shame often so inadequate to deal with the problem?

Kyle talked about the different between guilt and shame: "Guilt tells us we did something wrong. Shame tells us we are something wrong." How have you experienced this in your own life? How can guilt be a helpful feeling? How can it help us change? Why can shame be such a toxic emotion? Why does it paralyze us?

Adam and Eve tried to cover their shame. What are some of the "fig leaves" we use today to cover up our own shame? How do these things help us feel like we are hiding our shame? Why are we afraid of sharing those feelings with other people? How could being honest with our shame actually help free us from it?

In what ways can shame impact our relationships with other people? How does it keep them from truly knowing us? Why does it have the power to make us so defensive? What are some of the ways you respond when you feel ashamed? How could recognizing that shame for what it is help you respond better in those moments?

Kyle encouraged us to finish this sentence: "The lie I've been believing about myself is _____." Have you thought about how you would fill in that blank? (Your Group doesn't have to share unless they feel led to.) Close in prayer by asking God to speak into each of your hearts to confront that lie (and the shame it causes).