# SERMON DISCUSSION QUESTIONS
# NO SHAME NOVEMBER WEEK 2

*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 is your most embarrassing "guilty pleasure" (i.e. a movie you secretly love or a song you're embarrassed to know all the lyrics to)? What keeps you from admitting this to other people? What's the story behind why you love it so much?

Read Psalm 32:1-5. How does David describe his sin and his shame in these verses? Why is it that shame can effect us in such tangible, physical ways? This Psalm is often attached to David's sin with Bathsheba in 2 Samuel 10. How does that change the way you view this passage and David's frame of mind when he wrote these words?

What are some of the physical responses we can have when we are confronted with our shame? How does our posture/expression change? What are some of the ways we can respond to our shame emotionally or relationally? How have you seen some of these symptoms of pain in your own life?

Kyle talked about the "Shame Cycle" we can find ourselves in (Exposure – Identity – Hiding – Relief – New Evidence). How does shame have a way of feeding itself and keeping us trapped? In what ways have you seen that happen with people you have known – or even in your own story? How does silence keep us in that cycle?

Confession breaks the shame cycle. What are some of the excuses we tell ourselves that keep us from confessing our shame? How does the Bible speak into (or even answer) these excuses? How can sharing our shame with others help take some of that weight off of our own souls?

End your time together by reading the rest of Psalm 32 (vv. 6-11). What are some of the practical steps David invites us to take? How does He describe God in this back half of the Psalm? Close in prayer by asking that God would give you each the courage to share your shame with others – and with Him!