

**NOT MY
KING**



8-WEEK STUDY

ON SERVING JESUS INSTEAD OF
OUR EMOTIONS

WEEK 6

“IF JESUS IS MY KING,
THEN **SHAME** IS NOT MY KING”

NOT MY KING



WEEKLY READING

Primary texts from this week: Genesis 3:6-12, John 4:1-42

GETTING STARTED

Goals for this session: To recognize shame and submit it to King Jesus

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: What is your favorite outdoor past time?

DISCUSSION QUESTIONS

1. In Sunday's sermon, we talked about shame. When was a time you remember being ashamed as a kid? How did you respond to that feeling?
2. Read **Genesis 3:6-12** as a group. What do you notice about how Adam and Eve responded to the shame that came from their decision? What can this passage teach us about the nature of shame?
3. Read **John 4:1-42** together as a group. What do you notice about the way the woman at the well's life changes after she encounters Jesus? What can this teach us about how Jesus can transform our shame?
4. When you feel ashamed these days, what is your typical response? Do you find yourself drawing inward, pulling away from friendships, hiding things from important people in your life, pulling away from God...? Why do you think that is?
5. Would you say your typical responses are healthy or unhealthy? Describe a time when you responded to shame in a healthy way. If you can't think of a time, what would it look like for you to respond to shame out of a place of health?
6. Read **1 John 1:9** and **James 5:16**. These passages talk about confession. How would you define confession? According to these verses, what are some of the benefits of confession? What makes it hard to confess? Is there anything you feel the Holy Spirit prompting you to confess to yourself, to God, or to another person? If so, tell you group how you plan to make that happen this week.

