

Collision

Week 4: When Shame Collides with Grace

Objective: To invite us to bring our shame to Jesus and be set free

Icebreaker: When you mess up or feel exposed, what is your instinct?

- Hide
- Defend
- Minimize
- Bring it into the light

Why do you think that's your default?

DISCUSSION QUESTIONS

1. "A Past" and Identity

The sermon explored what we mean when we say someone "has a past."

- Why do we tend to define people by their worst moments?
- How do labels (spoken or unspoken) shape identity?
- In what ways do we try to manage or hide our own past?

2. Shame vs. Guilt

We said:

- Guilt = *I did something wrong*
- Shame = *I am something wrong*
- Why is that distinction so important?
- How does shame affect the way you relate to God and others?
- Where do you see shame showing up most in your life?

3. Shame as a "Lesser Authority"

Shame was described as something that:

- Controls
- Isolates
- Diminishes
- Which of these do you see most clearly?
- Why is shame so powerful and hard to break?
- How can shame quietly shape your decisions without you realizing it?

4. The Woman's Response (Luke 7:36–50)

This woman moves toward Jesus instead of away from Him.

- What stands out to you about her actions?
- What risks did she take by approaching Jesus publicly?
- What does her boldness reveal about what she believed about Jesus?

5. Simon's Blind Spot

Simon could clearly see her sin—but not his own.

- Why is it easier to see others' sin than our own?
- How can pride keep us from experiencing grace?
- Do you ever find yourself relating to Simon?

6. Forgiveness and Authority

Jesus says, "*Your sins are forgiven.*"

- Why was that statement so shocking in that moment?
- What does it reveal about who Jesus is?
- How does the resurrection (which was still ahead in the story) validate Jesus' authority to forgive?



7. Grace vs. Shame

We said: *Shame says “stay away,” grace says “draw near.”*

- Why does shame push us away from God?
- What does it look like to “draw near” in a practical sense?
- What keeps people from receiving grace even when it’s offered?

8. Your Next Step

Bring it home personally.

- Do you relate more to the woman (aware of your need) or Simon (minimizing it)?
- Is there any area of shame you’ve been hiding?
- What would it look like to bring that into the light this week?

FINAL THOUGHT

Jesus doesn’t ignore your past—He deals with it. At the cross, He paid for it. In the resurrection, He proved He has the authority to forgive it. Shame tells you to hide, but grace invites you to come close. And when you do, shame loses its power.

THIS WEEK – RESPOND TO GRACE

Take a step toward freedom this week:

1. CONFESS

- Bring specific shame into the light (to God and, if needed, a trusted person)

2. REMEMBER

- Your forgiveness is rooted in what Jesus has done—not what you do

3. WORSHIP

- When shame resurfaces, don’t withdraw—lean in
- Spend time in Psalm 103 or another passage that reminds you of God’s grace

Ask yourself daily: Am I listening to shame—or responding to grace?

