



CONNECTION KILLERS

CONNECTION KILLERS, PART 2: LET THE SHAMES BEGIN

Where do mushrooms grow? On top of decay and in the darkness. Shame is like that. It decays our souls and grows in the darkness of secrecy. As long as you keep the secrets in the dark, there is no hope. But when you bring it into the light? That's where healing begins.

BIG IDEA: Shame loses its power when we bring it into the light.

DISCUSSION QUESTIONS

1. In your experience, why do you think that shame is not often talked about within your community of people? Is it easier to talk about with those closest to you, or is it more difficult? Why or why not?
2. What are some of our cultural beliefs or social values that can lead to shame?
3. On what basis does the world determine a person's identity and worth?
4. *With your Bible or Bible App, read about the roots of shame in Genesis.*

²⁵ Now the man and his wife were both naked, but they felt no shame. ¹ Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" ² The woman said to the serpent, "We may eat fruit from the trees in the garden, ³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" ⁴ "You will not surely die," the serpent said to the woman. ⁵ "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." ⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. ⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, "Where are you?"

Genesis 2:25-3:9 (NLT)

5. Why do you think Adam and Eve tried to hide their nakedness? How did they see themselves after they sinned? What were they afraid God would do?
6. Of what were Adam and Eve guilty? *Unresolved guilt leads to shame.* What did God do about their guilt? What is God's remedy for our guilt?
7. Chris said "*Shame will cause you to try to conceal your mess with inadequate means.*" In what ways have you seen others try to conceal their sin and shame and it not work out for them in the end? In what ways have you tried to conceal? Did it work out? Why or why not?



8. Chris talked about the progression and pattern of shame and the *shame cycle*. Shame lead to secrecy, which leads to isolation, that leads to insecurity. Why do you think that keeping secrets leads to isolation from others?
9. What are you hiding that causes you shame? What memories from your past cause you to feel ashamed (that you are a bad person or that something is wrong with you)? How has this affected your identity and sense of worth?
10. Chris said that the way to break the Shame Cycle is to do the opposite.



11. Turn secrecy into confession. *With your Bible or Bible App, read Proverbs 28:13.*

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.
Proverbs 28:13 (NLT)

12. Our natural inclination is to conceal our sins, but what does the above verse say will happen?
 13. Chris said, *"Shame thrives in darkness. But Shame loses its power when we bring it into the light.*
Confession means to tell the truth about what's really going on. Confession means, 'I am going to tell the truth and bring something out of darkness and into the light.'" Why are secrets so hard to bring into the light?
 14. Turn isolation into community. *With your Bible or Bible App, read James 5:16.*
- Confess your sins to each other and pray for each other so that you may be healed.*
James 5:16 (NLT)
15. What are some shame-producing thoughts with which you still struggle? What is the truth about you, according to what God says?
 16. In your experience, why do you think that shame is not often talked about within your community of people? Is it easier to talk about with those closest to you, or is it more difficult? Why or why not?

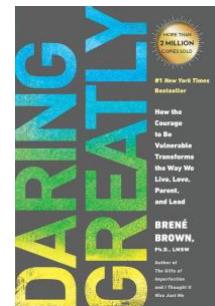
MOVING FORWARD

If you are struggling with secret shame, confess it to someone. If you're not already, get into a community group where you won't be isolated and where you can be vulnerable. Accept God's forgiveness and your true identity as His dearly loved and righteous child.

WHAT WILL YOU DO?

Dr. Brené Brown is an expert in shame and vulnerability. For digging deeper, read her book *Daring Greatly*, or watch some of her videos on YouTube.

<https://www.youtube.com/watch?v=TdtabNt4S7E>
<https://www.youtube.com/watch?v=7jtZdSRst94>
<https://www.youtube.com/watch?v=qQjFfA7KfF0>



CHANGING YOUR MIND

So there is now no condemnation awaiting those who belong to Christ Jesus.

Romans 8:1 (NLT)