

“Unashamed”

Summary

This powerful exploration of Jesus’ character challenges us to embrace a life free from shame and embarrassment. Drawing from Mark 4:41's profound question 'What manner of man is this?', we discover that Jesus is unashamed to call us His brethren, even in our imperfect state. The message beautifully weaves together the Genesis account of Adam and Eve being 'naked and not ashamed' with the crucifixion narrative, revealing that Jesus hung naked on the cross to bear our shame completely. The seamless garment He wore that day becomes a powerful symbol of the unified church - woven from top throughout, expensive, and valuable enough that even Roman soldiers wouldn't tear it apart. This garment, likely a love gift from devoted followers like Mary Magdalene, represents the bride of Christ that He refuses to be ashamed of. We're called to examine our own hearts: if Jesus isn't ashamed of His broken, imperfect church, why do we divide what He values? The challenge before us is to become a people who sing in the midst of the congregation without shame, who wrap the broken body of Christ in honor rather than criticism, and who build unity that begins with God and runs throughout. Freedom from shame isn't just personal healing - it's our calling to influence our regions with Christ's unashamed love.

Small Group Study Guide – Unashamed

Series: What Manner of Man Is This?

Opening Prayer & Icebreaker (10 minutes)

Icebreaker Question: Share about a time when someone gave you a meaningful gift. What made it special, and how did it affect your relationship with that person?

Key Scripture References

1. Mark 4:41 - "What manner of man is this?"
2. Hebrews 2:10-14 - Jesus is not ashamed to call us brethren
3. Genesis 2:21-25 - Naked and not ashamed
4. Ephesians 5:25-32 - Christ and the church
5. Psalm 127:3-5 - Children and not being ashamed

6. Romans 10:11 - "Whoever believes on Him will not be put to shame"

Main Takeaways

18. Jesus is unashamed of us - Despite our imperfections, Jesus embraces us and sings worship in our midst
 19. Shame entered through sin - Adam and Eve were naked and unashamed until sin brought shame into the world
 20. Jesus bore our shame - He hung naked on the cross to defeat shame once and for all
 21. The seamless garment - Represents the unified, undivided church that Jesus values
 22. We're called to be unashamed - Both of Jesus and of our brothers and sisters in Christ
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Discussion Questions

Understanding Shame (15 minutes)

- What's the difference between guilt and shame? (Hint: The sermon said guilt focuses on behavior "I did something bad" while shame targets the self "I am bad")
- Read Genesis 2:25 and Genesis 3:7-10. What changed between these two passages? How does shame cause us to hide or withdraw?
- Pastor Rob said, "We are not sin. Sin may have gained access to us through our agreement with it, but sin does not define us." How does this truth change the way we view ourselves?

Jesus and Shame (20 minutes)

1. Read Hebrews 2:11. What does it mean that Jesus is "not ashamed to call us brethren"? How should this affect our confidence before God?
2. The sermon described Jesus wearing a seamless garment given by women who loved Him—a "love gift" He wore to the cross. How does understanding this change your perspective on Jesus' crucifixion?
3. Jesus hung naked on the cross to bear our shame. Why was it important that He experienced this humiliation? What does this tell us about God's commitment to defeating shame in our lives?

The Seamless Garment (20 minutes)

1. The seamless garment was "woven from the top throughout." What does this tell us about true unity in the church? Why does unity need to start with God?
2. Pastor Rob said, "Even the unsaved soldiers wouldn't tear the seamless garment. Why will we divide what the unsaved world wouldn't?" What causes division in the church? How have you seen or participated in this?
3. Read Ephesians 5:25-27. Jesus is preparing a bride "without spot or wrinkle." How does understanding that we're all "in process" help us be less critical of other believers?

Living Unashamed (20 minutes)

4. The sermon mentioned that strife and pride often lead to a critical spirit (Luke 22:24-26). Have you ever found yourself comparing your spiritual maturity to others? How does this create division?
 5. "Our commitment to seamless unity is our gift to Jesus." What practical steps can you take this week to promote unity rather than division in:
 1. Your family?
 2. This church?
 3. The broader body of Christ in our region?
 6. Pastor Rob talked about Joseph of Arimathea begging for Jesus' broken, mutilated body to honor it. How can we honor the "broken, tattered" parts of Christ's body (other believers or churches) rather than criticize them?
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Personal Reflection (10 minutes)

Take a few minutes of silence for personal reflection:

7. Are there areas where shame is still affecting you—causing you to hide, withdraw, or feel unworthy?
 8. Is there anyone in the body of Christ (a person, church, or ministry) you've been ashamed of or critical toward?
 9. What would it look like for you to "sing in the midst of the congregation" like Jesus does—celebrating others despite their imperfections?
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Practical Applications

Choose 1-2 to commit to this week:

10. Identify and confess shame - Bring specific areas of shame to God in prayer, declaring Romans 10:11: "Whoever believes on Him will not be put to shame."
 11. Repent of criticism - If you've spoken negatively about another church, ministry, or believer, repent and ask God to give you His heart for them.
 12. Build bridges - Reach out to someone from a different church or Christian background and intentionally encourage them or their ministry.
 13. Practice gratitude - Make a list of things you're grateful for about the diverse body of Christ in our region, celebrating differences rather than criticizing them.
 14. Support the vision - Pray specifically for Living Waters' calling to be a regional blessing and for Faith Christian Academy's expansion.
 15. Wrap the broken - Like Joseph wrapped Jesus' broken body, look for an opportunity to honor or serve a "broken" part of Christ's body this week.
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Closing Prayer Points (10 minutes)

Pray together as a group:

- Thanksgiving - Thank Jesus that He is not ashamed of us and bore our shame on the cross
 - Forgiveness - Repent of pride, critical spirits, and division we've caused in the body
 - Freedom - Ask God to break off shame and fear that hinders us from walking in confidence
 - Unity - Pray for seamless unity in our church and across the body of Christ in our region
 - Vision - Pray for Living Waters' calling to influence the region and for the school expansion
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Preparation for Next Week

1. Continue reflecting on the question: "What manner of man is this?"
 2. Pay attention this week to moments when you feel ashamed or when you're tempted to be ashamed of others
 3. Read Romans 8:28-29 daily and ask God to continue conforming you to the image of His Son
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"He is not ashamed to call them brethren... For you will not be ashamed, neither be disgraced, for you shall not be put to shame." - Hebrews 2:11, Isaiah 54:4

Main Points – Unashamed

Sermon Summary:

This sermon explores the profound truth that Jesus Christ is unashamed to call believers His brethren, despite the church's imperfections and brokenness. Through examining the crucifixion narrative, particularly the seamless garment Jesus wore to the cross, the message reveals how Christ bore our shame so we could live free from it. The seamless garment represents the church—a unified body woven from top to bottom with Christ as the foundation. Just as Jesus was not ashamed to identify with His broken, imperfect followers, believers are called to embrace unity across the body of Christ without division or critical spirits. The sermon challenges the congregation to move beyond religious pride and embrace their calling to serve the broader church community with humility, recognizing that shame and fear are defeated at the cross. The message culminates in a call to step boldly into God's purposes without being put to shame, particularly in reaching the next generation and serving as a regional blessing to the entire body of Christ.

Key Points:

- Jesus is not ashamed to call believers His brethren, even in their imperfection and brokenness
- Shame entered humanity in the Garden of Eden and can only be remedied through the blood of Christ, not human effort
- Jesus hung naked on the cross to bear our shame and humiliation completely
- The seamless garment Jesus wore represents the unified church, woven from top throughout with God as the foundation
- Unity in the body of Christ must start with God as the common denominator, not merely organizational cooperation
- Religious pride and critical spirits divide what God wants seamless and together
- Being ashamed or living under shame robs believers of the boldness needed to stand in spiritual authority
- Joseph of Arimathea honored Christ's broken body by wrapping it in fine linen, modeling how believers should honor the broken body of Christ (the church) today
- Believers are called to put the needs of the broader body of Christ above building their own brand or kingdom
- Freedom from shame releases believers into their divine destiny and calling
- The congregation is specifically called to influence their region and bless the diverse body of Christ locally

Scripture Reference:

- Mark 4:41 - "What manner of man is this, that even the wind and the sea obey him?"
- Hebrews 2:10-14 - Jesus is not ashamed to call believers brethren

- Genesis 2:21-25 - Adam and Eve were naked and not ashamed
- Ephesians 5:25-32 - Christ and the church as husband and wife
- John 19:23-24 - The seamless garment and the soldiers casting lots
- Psalm 22:16-18 - Prophetic description of the crucifixion
- Matthew 27:57-60 - Joseph of Arimathea wrapping Jesus' body
- Psalm 127:3-5 - Children as heritage, they shall not be ashamed
- Isaiah 54:1-5 - Enlarge your tent, you will not be put to shame
- Romans 10:9-13 - Whoever believes on Him will not be put to shame
- Romans 9:33 - The stumbling stone, whoever believes will not be ashamed

Discussion Questions – Unashamed

How does understanding that Jesus is not ashamed of us, despite our imperfections, change the way we view ourselves and our relationship with God?

What does it mean practically for the church to be a seamless garment woven from the top throughout, and how can we work toward this unity in our own communities?

In what ways do shame and fear prevent us from boldly stepping into the calling God has placed on our lives?

How does the image of Jesus wearing a love gift from his followers on the day of his crucifixion challenge our understanding of worship and devotion?

Why do you think religious pride and critical spirits can hinder the presence of God more than obvious sin or immaturity in the church?

What would it look like for us to honor the broken and imperfect body of Christ the way Joseph of Arimathea honored Jesus' broken body?

How does the connection between nakedness without shame in the Garden of Eden and Christ's nakedness on the cross reveal God's plan for restoration?

In what ways are we tempted to build our own brand or kingdom rather than focusing on making Jesus known and glorified?

What does it mean to sing in the midst of a broken congregation, and how can mature believers bring the presence of Jesus into difficult or immature church environments?

How can we practically lengthen our cords and strengthen our stakes as a church without being paralyzed by fear of shame or failure?

Scriptures – Unashamed

Explicitly Mentioned Scripture References:

7. **Mark 4:41** - "What manner of man is this, that even the wind and the sea obey him?"
8. **1 John 3:2** - "We are now children of God... when he shall appear, we shall be like him; for we shall see him as he is"
9. **Romans 8:28-29** - "All things work together for good... predestined to be conformed to the image of his Son"
10. **Hebrews 2:10-14** - Jesus not ashamed to call us brethren
11. **Genesis 2:21-25** - Creation of woman from Adam's rib; "naked and not ashamed"
12. **Ephesians 5:25-32** - Husbands love wives as Christ loved the church; the great mystery
13. **John 19:23-25** - Soldiers dividing Jesus' garments; the seamless coat
14. **Luke 8:2-3** - Women who ministered to Jesus from their substance (Mary Magdalene, Joanna, Susanna)
15. **Psalms 22:16-18** - Prophecy of crucifixion: "They pierced my hands and my feet... they divided my garments"
16. **Luke 22:24-27** - Strife among disciples about who would be greatest
17. **Proverbs 21:19** - "Better to dwell in the wilderness than with a contentious and angry woman"
18. **Matthew 27:57-60** - Joseph of Arimathea wrapping Jesus' body in linen
19. **Psalms 127:1-5** - "Children are the heritage of the Lord... they shall not be ashamed"
20. **Isaiah 54:1-5** - "Sing, O barren... do not fear, for you will not be ashamed"
21. **Psalms 34:4-5** - Fear and shame (referenced but not quoted)
22. **Romans 10:9-13** - "Whoever believes on him will not be put to shame... whosoever calls on the name of the Lord shall be saved"
23. **Romans 9:33** - "Whoever believes on him will not be put to shame"

Additional References Alluded To:

23. **Matthew 6:11** - "Give us this day our daily bread"
24. **Matthew 4:4 / Deuteronomy 8:3** - "Man does not live by bread alone, but by every word that proceeds from the mouth of God"
25. **1 Corinthians 13:1** - "Though I speak with tongues of men and angels, but have not love..."
26. **John 13:35** - "By this all will know that you are My disciples, if you have love for one another"
27. **Matthew 10:33 / Mark 8:38** - Being ashamed of Jesus (alluded to in context)

Devotional – Unashamed

Day 1: The Unashamed Christ

Reading: Hebrews 2:10-13

Devotional: Jesus is not ashamed to call you His brother or sister. Despite your imperfections, failures, and ongoing struggles, He stands in the assembly singing praises alongside you. This is staggering truth. The Creator of the universe identifies with you publicly, without embarrassment or reservation. His lack of shame isn't based on your performance but on His character and covenant love. Today, let this sink in: if Jesus isn't ashamed of you, why do you carry shame about yourself? Why do you withdraw from His presence or from fellowship with others? The enemy uses shame to isolate you, but Jesus uses love to include you. Walk today knowing you are fully accepted, completely embraced, and eternally His.

Day 2: Naked and Not Ashamed

Reading: Genesis 2:21-25; Ephesians 5:25-32

Devotional: In the garden before sin, Adam and Eve were naked and unashamed—fully known and fully loved. This is God's original design and His ultimate destination for His bride, the Church. Jesus is washing you with His Word to restore this intimacy, removing every spot and wrinkle that hinders fellowship. The cross dealt with your sin; now He's dealing with your shame. Shame says, "I am bad," but grace says, "You are beloved." Where have you been hiding from God or others because of shame? What insecurities keep you from the fullness of relationship Jesus desires? He's not waiting for you to fix yourself; He's inviting you into vulnerable communion right now. Bring your whole self—the good, bad, and broken—into His presence today.

Day 3: The Seamless Garment

Reading: John 19:23-24; Psalm 22:16-18

Devotional: Jesus wore a seamless garment to the cross—a love gift from devoted followers who had been transformed by Him. This expensive, carefully woven robe represented the unity and devotion of His bride. When soldiers stripped Him naked, they refused to tear what was seamless. Yet we, the Church, often tear apart what even unbelievers wouldn't divide. God is calling us to seamless unity—not uniformity, but unity woven from the top throughout, with Jesus as the beginning point. Are you contributing to division in the body of Christ through criticism, comparison, or pride? Or are you singing in the midst of the congregation, embracing the broken and immature with the same grace Jesus extends to you? Your commitment to unity is your gift to Jesus.

Day 4: Freedom From Fear and Shame

Reading: Isaiah 54:1-5; Romans 10:9-13

Devotional: "Do not fear, for you will not be ashamed." Fear and shame are inseparable companions that paralyze faith and prevent expansion. God is calling you to enlarge your tent, lengthen your cords, and strengthen your stakes—but shame whispers, "Who do you think you are?" Fear says, "You'll be humiliated if you step out." But God declares your Maker is your Husband, and whoever believes in Him will not be put to shame. The dreams God has placed in your heart aren't too big; your vision of His faithfulness may be too small. What has shame kept you from attempting? What fear has prevented you from pursuing? Today, confess with your mouth that Jesus is Lord and believe in your heart that nothing is impossible with Him. Step forward unashamed.

Day 5: Wrapping the Broken Body

Reading: Matthew 27:57-60; Psalm 127:1-5

Devotional: Joseph of Arimathea craved the broken, mutilated body of Jesus—not because of its condition, but because of whose body it was. He wrapped it in fine linen and placed it in the tomb he'd prepared for himself, giving his future to honor Christ's broken body. God is asking: Will you honor the broken, tattered body of Christ in your community? Will you wrap struggling believers in righteousness rather than criticism? Will you give your space, resources, and reputation to serve His church, even when it's messy? The condition of the body doesn't determine its worthiness—the identity does. This is Christ's body. Let's be people who nourish, cherish, and honor what Jesus died for, becoming instruments of healing rather than sources of division. Your calling is regional, eternal, and unashamed.