

Introduction

(Watch Video)

Open it up to the group to see if anyone has any thoughts they want to share about what was discussed in the video.

Read

(Leader will read this text out loud asking people to listen and see what stands out or speaks to them)

Genesis 3:21 (NIV)

²¹The LORD God made garments of skin for Adam and his wife and clothed them.

Romans 8:1 (NIV)

Therefore, there is now no condemnation for those who are in Christ Jesus,

Ask the group what stood out to them in the text.

Discussion Questions

1. Why do you think it can be easier to believe that God forgives other people than to believe that we are forgiven?
2. What is the difference between conviction and condemnation, and why is that distinction important when dealing with shame?
3. Why do you think we sometimes keep replaying or punishing ourselves for things that we believe God has already forgiven?
4. How can we recognize when we've moved from repentance into self-condemnation?
5. What is one truth from this series that you need to believe more deeply when shame speaks?

Closing

As we close this series, remember that shame may continue to remind you of your past, but it does not have the authority to define you. When that voice speaks, resist the temptation to cover, hide, or condemn yourself, and instead choose to believe what God says is true. Your past may be part of your story, but in Christ it does not get the final word.