

Key Scriptures Passage	Questions for Reflecting and Group Discussion
<p>1 John 1:8-9</p> <p>Romans 6:23</p> <p>Colossians 2:14</p> <p>Hebrews 12:1-2</p> <p>The struggle is real. Put your eyes on Jesus, the King of our lives.</p> <p>Freedom from Shame:</p> <ol style="list-style-type: none"> 1. Get Real 2. Get Close 3. Get Help <p>Group Values:</p> <p><u>Authenticity</u> – Be honest. As you share together, learn to build trust with one another.</p> <p><u>Accountability</u> – Give permission for others to ask you questions about your life.</p> <p><u>Safety</u> – NO gossip. However, if someone is in danger, putting someone in danger, or through their inaction causing a person to be in danger then it must be reported.</p>	<p><u>Sharing with six questions</u></p> <p>Pray for the Spirit's guidance and direction together.</p> <p>Read the Key Scripture Passage. Discuss each question, giving time for all to respond. Silence may be required sometimes to give time for all to process the questions.</p> <p>Answer the following questions together as a group</p> <ul style="list-style-type: none"> • What do we learn about God from this passage? • What do I learn about people? • Is there a sin to avoid? • Is there a promise to trust? • Is there a command to obey? • Is there an example to follow? <p>By Sections:</p> <p>Section 1:</p> <ul style="list-style-type: none"> • How would you define guilt? How would you define shame? Discuss the difference as Nate describes it in the video. Why is guilt something that can be constructive, while shame is destructive? <p>Section 2:</p> <ul style="list-style-type: none"> • Can you be honest enough to see some of the traits described in this section in your life? Do you think there is a part of you that may be shame driven? How can shame hurt not just you, but the people in your life? Especially the people you love? <p>Section 3: Reflection, pray together as a group.</p> <ul style="list-style-type: none"> • Shame is intense. It is not likely someone will name their shame in the open. But you can pray as a group for healing. • Read Colossians 2:14. What is the debt that God has cancelled in your life that allows you to be free? • Read Hebrews 12:1-2. The line in the CSB "despising the shame" means that Jesus has overcome and disregarded that which causes us shame. But why do we hold onto our shame? How can we pray for each other to speak Jesus into our shame so that we may live a free life in Christ?

