



Sermon Discussion Questions - April 17 & 19, 2026
The Benefits of the Cross - Week 3
Romans 8:1-4

Ice Breaker: *Shame shows up in our lives in all kinds of ways—some big, some surprisingly small.*

- **Q1: What is one everyday thing you wish you could stop feeling embarrassed about?**

Read Romans 8:1-4 together. Even though we've received forgiveness in Christ, shame still lingers in our hearts.

- **Q2: Where does shame tend to show up in your life these days? What usually triggers it?**
- **Q3: When you do feel shame, how do you typically respond to it? (Do you ignore it, minimize it, blame others, something else?)**

Satan uses our shame against us by making us believe that the Gospel doesn't apply to us.

- **Q4: Have you ever had a moment where you felt like you were "too far gone" for God? What was that like?**

- **Q5: When those thoughts come up, what helps you push back against them—or what makes it harder?**

Romans reminds us that there is no condemnation for those who are in Christ!

- **Q6: How do you personally tell the difference between conviction (from the Holy Spirit) and condemnation?**

Because of Jesus, we can be set free from the power of shame. The old is gone, and the new has come!

- **Q7: Where do you find yourself still defining your identity by your past, your mistakes, or what others have done to you instead of what Jesus has done FOR you?**

God is not only able to heal our deepest sources of shame, He really wants to do it!

- **Q8: Where might God be inviting you to come out of hiding and trust Him with your shame? How can this group support you in that?**
- **Q9: What would it actually look like this week to live from freedom instead of shame?**

Take a few minutes to encourage each other, and spend some time in prayer together!