

# GOSPEL COMMUNITY GROUP DISCUSSION GUIDE

In the Storm Teaching Series  
9/26/22 Shame



REDEEMER  
ROUND ROCK

## CONNECT, REVIEW, PRAY

~5-10 minutes

- Announce any church activities/events and handle any housekeeping for the GC
- What are you thankful for / have struggled with this week?
- How did you apply or share what we learned last week?
- How can we pray for each other?

## ASK, LISTEN, LEARN

- In what ways do you regularly experience shame in your life? Is it more pronounced and clear to you, or does it feel more like an “undercurrent”, how so?
- Read Genesis 2:24-25 together. Remember that scripture conveys here an idea of Adam and Eve having *no barrier of any kind* between them. Discuss this idea. How must it have felt? How would they have been experiencing life?
- Read Genesis 3:1-3:7 together. In what ways do we see shame immediately enter the human story after sin corrupts us?
- We heard two definitions of shame:
  - *“Shame is the deep sense that you are unacceptable because of something you did, done to you, or something associated with you, you feel exposed and humiliated.” Ed Welch*
  - *“Shame is the intensely painful feeling, or experience of believing that we are flawed and therefore unworthy of love or belonging. We all have shame, we are all afraid to talk about shame, and the less we talk about it the more power it has.” Brene Brown*

How do these definitions resonate with you, specifically? If you feel comfortable, share with the group any past or ongoing experiences of shame in your life.

- Remember that shame and guilt are not the same, though they share some overlap.
  - *Guilt is: I did something I hate vs Shame is: I hate myself*
  - *Guilt is: I failed as a dad, husband, friend vs. Shame is: I am a failure as a dad, husband, friend*

Are there any areas in your life where you are struggling to differentiate the two? Share with the group and talk through it. Remember that guilt and conviction of sin can be helpful in our discipleship, misplaced shame is *not*.

- Are there any things you run to when you feel shame? What are they? Use the three examples below to help you think through it.
  - Hiding, Fear, Blame-Shifting
- How has Christ taken our shame for us? Share specific examples from scripture if you can.
- Worship and Gospel Community help us to re-orient our hearts away from shame. How so?