

NOTES & DISCUSSION QUESTIONS

DO NOT BE: ASHAMED

SERMON SUMMARY

This sermon explores how shame causes us to hide behind our image, create distance from God and others, and blame others instead of taking responsibility. Through the story of Adam and Eve in Genesis 3, we see that while shame tells us to hide, God's grace invites us to come honestly before Him. Because of Jesus' sacrifice, we don't have to cover up our failures or earn God's love—we can receive His forgiveness, walk in freedom, and live unashamed of our need for grace.

KEY POINTS

- Shame is the fear that if you really see me, you wouldn't accept me.
- Shame will make you hide behind the **IMAGE**.
- Shame will make you hide behind the **DISTANCE**.
- Shame will make you hide behind the **BLAME**.
- Grace invites you out of hiding.

DISCUSSION QUESTIONS

1. **What is the difference between guilt and shame? How can believing something is wrong with you, rather than recognizing something you did wrong, affect your relationship with God and others?**
2. **Which of the three responses to shame—covering, hiding, or blaming—do you find yourself most likely to use? Why do you think that response feels easier than being honest?**
3. **Genesis 3:9 shows God asking Adam, “Where are you?” What does this reveal about God’s response to us when we fail, and what might it look like for you to stop hiding from Him?**
4. **What are some ways we try to manage our image or shift responsibility instead of facing what is really happening in our lives? How can we begin to take ownership and invite God into those areas?**
5. **The sermon reminds us that what we are most ashamed of doesn't make God love us less. How does the grace of Jesus change the way you view your failures, and what is one area of your life where you need to stop hiding and receive His grace?**

