

Main Street Church - Life Group Guide

Series: *Christmas Unwrapped*

Message: *SHAME – The Gift that Keeps on Giving*

December 10, 2017



Connect & Check In (15min)

*Welcome & Opening Prayer

> Invite 1 Group Member to open in Prayer. (Try to have a different person each week)

*ICEBREAKER

Complete these statements:

*I am thankful for _____. *I am amazed by _____. *I'd like to learn more about _____.

Sunday Message Feedback (40min)

*Speaker: Pastor Shawn Vandop.

1. **“Oops, My Bad!”** - Share about a time, maybe as a kid or now as an adult, where you made a “big mess...” (like an “actual” mess—spilling paint, dropping food on carpet, leaving the top off a blender, etc.).

* What did you do and how did that go?

* Did you try to cover up that mess from a parent, a spouse, or someone else?

2. Sunday Message Feedback

*What is 1 thing that impacted you from Sunday's Message?

3. **The Fallout:** When God made Adam and Eve, they lived in a sin-free world, where they freely walked and talked with God. But then, they made a mess... a big one at that. They sinned.

*Read together what happened immediately after they disobeyed God in [Genesis 3:7-13](#).

a. What were some of the results of their sin?

b. How did Adam's and Eve's view of God and themselves change?

c. In what way do we 'see' their shame?

d. How did their shame motivate their attitude & behavior?

4. Fallen Identity

Do you ever equate what you do with who you are? Discuss.

Do you see a difference in doing something bad and being a bad person? Discuss.

5. a. Is there a difference between Guilt and Shame? If so, what is the difference?

b. Living with shame never allows us to feel the freedom of God's grace or the healing power of His forgiveness. *In what ways do you hide so people won't know the real you?

6. Read [John 4:4-30](#). Jesus & the Samaritan Woman

*Optional Video – Jesus meets the woman at the well. https://www.youtube.com/watch?v=6bt_9NZe-E4

- a. What does the woman at the well have to be ashamed of?
- b. What shame does she carry as an individual? As a woman? As a Samaritan?
- c. How does Jesus expose the woman’s shame at various points in their conversation?
- d. How would you describe Jesus’ attitude toward her shame?

For instance, does He suggest that she’s fine and has nothing to be ashamed of?
Or, that she’s unworthy of His attention?

7. What Can Separate Us from the Love of God?

In [Romans 8:38-39](#) the apostle Paul makes a list of things that can’t separate us from the love of God.

- a. Read this passage and then talk about what would you add to Paul’s list?
- b. What are some things you sometimes fear could separate you from God’s love?

8. Transcendent & Transforming Love

- a. It is impossible to get beyond God’s loving reach?
- b. What comfort does this give us/you in knowing that God’s love through Christ transcends any shame that you may feel? How might this begin/continue to transform our lives and loving?

9. Read [2 Corinthians 5:16-17](#) & [Hebrews 12:2](#) - a. What does Jesus offer to do with the shame of our sin?

- b. How should that change the way we see our shame, and live life?

Application & Prayer (20min)

*Read [Psalm 139:23-24](#) & [1 John 1:8-9](#) - **Take a moment to be silent** (2min) and invite the Holy Spirit to show you any areas of sin in your life that He wants you to confess to Him. As God shows you... quietly in your heart confess your sin to Him and receive His forgiveness.

*As Paul says in [Romans 8:38-39](#), nothing — not even shame — separates us from the love of God. Jesus pursues us, loves us, and steps across cultural lines to offer the gift of eternal life. As you close this session, bring your heart before God in prayer, using either the prayer provided here or your own.

Dear God, Your love is abundant and eternal, transcending all shame. You know everything I’ve ever done and everything others have done to me, and You sent Your Son Jesus to remove the shame of those things. In You I am clean and pure, with nothing to hide. Please help me to come out of hiding and trust Your love, and to treat others with that same shame-cleansing love. In Jesus’ name, Amen.

***What is 1 way we can pray for your spiritual growth this week?** (faith/relationship with God)

**I need God’s help in or with _____.*

* **What is 1 physical or practical need that we can pray for in your life?**

**I need prayer for healing/strength/provision for _____.*

* **Break into groups of 3-4 or Men & Women to Pray for one another.**

Resources

* Scripture:

<http://www.openbible.info/topics/shame>

<https://www.gotquestions.org/shame-regret.html>

Announcements

LIFE GROUP

Our first group meeting of 2018 will be on _____.

CHRISTMAS TALES – Outreach Event – **SOLD OUT**

Fri. December 15. 7pm – Main Street Church Auditorium.

CHRISTMAS HOPE D-DAY – Christmas Hamper Deliver Day.

Sat. December 16. 10am Start. Main Street Chapel. *114 Hampers!

CHRISTMAS EVE SERVICES

Sun. December 24. (No Morning Services)

*2:30pm *4pm *5:30pm

PRAY FIRST – Month of Prayer & Fasting.

January 2018. Details & Devotional to be announced.

ALPHA Course

Thursdays. January 18-March 29. 7pm-8:30pm. Main Street Chapel.

Register: www.mainstreetchurch.ca/alpha