

Series: "Triggered"
Sunday Message: "Why Do We Feel Shame?"

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Icebreaker: When you were a child, which parent was more strict? More consistent? More forgiving?

Sermon in a Sentence: Shame is healed by the gospel.

General Discussion [Groups of 4]:

Shame hides behind our standards and self-evaluations and it creates triggers that lead to anger and other problematic emotions that drive a wedge into our relationships with others and God. The gospel is the fundamental solution to our shame.

Read Genesis 37

1. What was it that caused Joseph's brothers to be jealous of him? How were their actions consistent with their family traits and upbringing?
2. Judah presents an alternative to killing Joseph that seems to benefit everyone but was deceitful and motivated by selfishness. Sin presents itself as a sweet alternative but always leads to regret. Why do we fall for its lies? How do we, like Judah, justify sin in our own lives?

Read Genesis 45:3-8

3. How do we respond when people sin against us and what makes forgiving them so difficult?
4. Joseph told his brothers not to get upset or angry with themselves and said three times that it was God who sent him to Egypt, not them. How can God bring good out of evil?

Gospel-Centered Discussion: Read Genesis 50:14-21.

5. Joseph's brothers had a father's wound that gave rise to shame and unworthiness and as a result, they acted out in anger towards Joseph. They had a hard time forgiving themselves for the way they treated Joseph. They were painfully aware of their past sin but struggled to find forgiveness. How do you deal with your past sin and shame? Do you tend to have a tough time forgiving yourself? Why?
6. The gospel is the fundamental solution to our shame. Joseph experienced the gospel, and his life was filled with grace. Read Romans 5:8. What does it look like to live a life filled with the grace of God.

Application Discussion.

7. What lies are you believing related to shame? How does believing these lies impact your emotions? Your behavior?

Please pray for the person on your right and ask God to help them with their answer to question #7