

MONSTERS

Study Guide

Shame

Welcome.....

There are things that we carry with us forever, things that just leaving such a lasting imprint on us that for the rest of our life they are there. Things that in their own strange way have this ability to shape who we are and who we are going to become.

Sometimes these shaping moments are good ones. It's a loving comment of memory with from a family member. It can be the example set by a mentor, leader, or authority figure in your life. It can be the way a significant other made you feel that left you with security in your marriage and their love. Life has this way of giving us this shaping moments that leave us seemingly forever better.

Life can also leave us with less. It can be a failure of our own doing. It can be broken relationship that cannot be mended. It can look like an addiction that cost so much. It can be a moral shortcoming that had ramifications due long after the moment of weakness. We can make mistakes in our life and we can carry with us these marks and moments of shame that seem to haunt us in everything we'd do.

We'd like to have a healthy relationship, but we know our history of failures. We'd love to serve and pour into students but what if they found out about who you were. We could encourage someone about faith and the hope that's in Jesus but they know your past and you fear how they'd accept hearing such a message from someone who lived like you did. It's shame that we carry that can cost us so much.

Is this how we should live in Christ? Did he call us to be constantly limited and restrained by something in our past. Did he give us new life just to have that life be held back by sins of a former heart?

This week we're going to be looking at shame. We all struggle with it in some capacity, but we all deserve freedom to live the abundant life God has called us to live. Our lives shouldn't be hindered by our shame, but propelled into mission by God's amazing grace.

“Our sin is our shame, and it is well that our Lord has found a complete covering for it. .”

Charles Spurgeon

Zephaniah 3:19

He wants to free you from shame

“Behold, at that time I will deal with all your oppressors.”

God will stand between you and your accusers.

Hebrews 12:2 - Jesus bore all our shame on the cross

Psalm 72:4 - God will crush your Oppressors

He Understands

He will welcome those cast out

“And I will save the lame and gather the outcast,”

We are adopted as citizens of God’s Kingdom and brought in like family.

Psalm 9:9 - God a stronghold for the oppressed.

2 Corinthians 7:6 - God who comforts the downcast.

God wants you to not just remove your shame, but be brought in and accepted.

He turns shame into victory.

“And I will change their shame into praise and renown in all the earth.”

What we would hide, God will redeem.

2 Corinthians 12:9-10 “When I am weak, then I am strong.”

We aren’t hiding our past, we’re owning God’s redemption of it.

May you silence the voices of shame and listen to the voice of redemption.

Reading Plan

Date	Verse	Gospel text	Psalms
Monday	Isaiah 50:7	John 8:31-38	Psalms 29
Tuesday	Isaiah 61:7	John 8:39-47	Psalms 30
Wednesday	Psalms 34:4-5	John 8:48-59	Psalms 31
Thursday	Romans 10:11	John 9:1-41	Psalms 32
Friday	Psalms 31:17	John 10:1-21	Psalms 32
Saturday	Romans 8:1	John 10:22-42	Psalms 34
Sunday	Proverbs 11:2	John 11:1-16	Psalms 35

Community Group Questions

What do you define as shame?

Why do you think people struggle with shame from their past?

How does pride influence and deepen our shame?

How can our acceptance in Christ help us conquer our feelings of shame?

What's the importance of being "adopted" into the family of God? Is there any significance to this terminology as opposed to just accepted?

In Zephaniah 3:19 we see that God will save the hurting and gather to himself the outcasts. If God's character is to draw in the hurting and cast out, what can the church do to share in that character?

How do you think God changes our shame into glory? What ways do you think God can use the hurt and pain in your story?

Write your thoughts and reflections on the passage below in the space provided.

Romans 8:1

1 John 3:20

John 3:17

Romans 8:34

Psalms 34:22

Psalms 103:10

Romans 5:1-2

2 Corinthians 5:17

