

SMALL GROUPS

Leader Conversation Guide – Shame Off You

Main Idea

In this message, Dr. Chris Farley powerfully unpacks the paralyzing effects of shame and the freedom we find in Jesus. Shame is the enemy's strategy to name us, blame us, and tame us—to make us believe our past defines us and our mistakes disqualify us. But God doesn't say "shame on you" — He declares "shame off you." Through Scripture and revelation, Dr. Farley reminds us that shame was dealt with at the cross. Jesus not only forgave our sins, He removed our shame. Our identity is not what we've done, but who God says we are. It's time to shed the fig leaves of performance, secrecy, and guilt, and walk boldly as sons and daughters of a gracious and loving Father.

Make It Practical

- **Shame Names You.** The enemy tries to attach your failure to your identity. But God gives you a new name and a new identity in Christ.
- **Shame Blames You.** Even for things you didn't do. But Jesus silences the accuser. He says, "Neither do I condemn you."
- **Shame Tames You.** It mutes your boldness and holds you back from walking in your calling. Jesus came to make you righteous and bold as a lion.
- **Jesus Reclaimed You.** He bore our shame on the cross and invites us to live in freedom, without fear, guilt, or condemnation.

Key Scripture

"Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours."

—Isaiah 61:7

Talk About It

1. What part of the message stood out most to you personally?
2. Have you ever struggled with shame? In what ways has it tried to name, blame, or tame you?
3. What "fig leaves" (coping mechanisms) do people often use to cover up shame?
4. How does understanding that Jesus removed your shame change the way you see yourself?
5. What would it look like to live completely free from shame this week?

Prayer

Father, thank You for sending Jesus not only to forgive our sins but to remove our shame. We declare today that shame will no longer name us, blame us, or tame us. We receive Your love and grace. We stand in our new identity—righteous, free, bold, and loved. Holy Spirit, continue the healing work in each heart. Set people free to walk in joy, wholeness, and purpose. In Jesus' name, Amen.

Leader Tips

Shame is deeply personal and can be attached to trauma, addiction, or failure. Create a safe, nonjudgmental environment where people can be vulnerable. Let grace lead the conversation. Be ready to share your own journey and remind your group that Jesus isn't surprised by our mistakes. He came to take them, along with our shame. Let this week be a turning point for someone.