



## Sermon Summary

Shame can cripple us and even distance us from all relationships. How can we combat shame as Jesus followers? In this message, we'll see how Jesus' victory over sin can protect us from being overtaken by shame.

**Key Passage:** Hebrews 12:2

### Questions for Reflection and Discussion

#### Grow

Consider Hebrews 12:2-3. How does Jesus' example of enduring shame on the cross offer us hope and encouragement? How can we follow his example in facing our own struggles with shame?

Read Genesis 3:6-10. What do these verses reveal about the origins of shame? How did Adam and Eve respond to their shame, and what can we learn from their actions?

Often times, shame can lead us into self-condemnation. Reflect on Romans 8:1 talk about how this text gives us freedom from living enslaved to shame.

#### Go

One of the takeaways we heard was “educate yourself on who God says you are.” How can you better educate yourself this week?

Share practical strategies for dealing with shame in our daily lives. How can we support one another in overcoming shame and embracing God's forgiveness and grace?

Take a moment and spend some time in prayer and reflection.