

2021

# War on Shame

Group Guide Week 2

Defending against and defeating the unavoidable

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## Overview

The power and presence of shame in our lives is undeniable. Acknowledged or not, it often motivates how we see ourselves, the actions we take, and our view of the world around us. How do people who know Jesus deal with this unavoidable part of life? Once we're free, how do we help others pry themselves from shame's deadly vice? To defeat it in our past and defend against it in our future, we declare a war on shame.

## Week Two

Every effective campaign involves strategy. The war on shame is no exception. In order to defeat shame we must learn to see ourselves as God sees us. With a firm grasp on our identity, we will be able to navigate the first, difficult steps away from shame and toward restoration. And, by trading our brokenness for wholeness, we become a beacon for others, signaling the way out. This week, through the story of one man, we will see how God operates with divine precision to help us discover who he's designed us to be.

**Big Idea:** God has an order to break our shame.

**Scripture:** Romans 5:8 (NLT) , Romans 8:35 (NLT) , 1 Corinthians 1:26-29 (NLT), 1 Peter 5:10 (ESV) , Judges 6:11-12 (NLT) , Judges 6:25-26 (NLT), Judges 7:23-24 (NLT) , 1 Peter 5:10 (ESV)

## Key Takeaways & Action Items

- What was ours became his.
- When it comes to his kids, He calls it like he sees it.
- Where he finds us isn't where he leaves us.
- As impossible as it may feel in the moment, as much as we may just want God to leave us alone, he loves us too much to do that to us.
- Where he takes us isn't easy.
- God will ask you to do difficult things.
- What we do isn't just for us.

## Group Discussion Questions

1. Read 1 Corinthians 1:26-29  
Do you remember when God specifically called you to be powerful in places you felt powerless? Explain.  
What are some examples of things that should make you weak, but God has used to give you strengths the world couldn't give you?
2. Read 1 Peter 5:10  
This scripture was written by one of the biggest "failures" in the bible, yet Peter wanted people to know where he came from and where he ended up because of God's restoration pattern. What does the restoration pattern look like in your life? (As brief or as detailed as you want.)
3. Are you familiar with Gideon? (give examples)  
Gideon was the king over God's chosen people who rebelled and were taken into slavery. Gideon was king for 7 years of famine, 7 years of watching his people perish. What did Gideon do differently from the previous leaders who were over God's fallen people?
4. Read Judges 6:11-12  
When it comes to God's kids, God calls it like he sees it.  
Gideon's name before was "coward" but we see the angel of the Lord call him "Mighty Warrior"  
What are some names you've accepted from the world around you?  
What are some affirmations that God has given you to create a new name in him?

5. Read Judges 7:23-24

We see in this story the power of sharing with others to join you in the war on Shame. Gideon had to call out for people to fight. What we do isn't just for us and our story, but for others to see and have the courage to declare war. We have to share this burden with others.

Who is someone that you need to encourage to fight the war on shame so that they, too, can have a new name as victorious?

6. As 1 Peter 5:10 reminds us of the power and pattern of restoration, what are some things you need God to restore, confirm, strengthen, and establish you in?

How can we, as a group, help walk you to this restoration?

## Scripture & Resources

- But God showed his great love for us by sending Christ to die **for us** while we were still sinners. Romans 5:8 (NLT)
- Can **anything** ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? Romans 8:35 (NLT)
- Remember, dear brothers and sisters, that few of you were wise in the world's eyes or powerful or wealthy when God called you. Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful. God chose things despised by the world, things counted as nothing at all, and used them to bring to nothing what the world considers important. As a result, no one can ever boast in the presence of God. 1 Corinthians 1:26-29 (NLT)
- And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will **himself** restore, confirm, strengthen, and establish you. 1 Peter 5:10 (ESV)
- Gideon son of Joash was threshing wheat at the bottom of a winepress to hide the grain from the Midianites. The angel of the Lord appeared to him and said, "**Mighty hero**, the Lord is with you!" Judges 6:11-12 (NLT)
- That night the Lord said to Gideon, "Take the second bull from your father's herd, the one that is seven years old. Pull down your father's altar to Baal, and cut down the Asherah pole standing beside it. Then build an altar to the Lord your God here on this hilltop sanctuary, laying the stones carefully. Sacrifice the bull as a burnt offering on the altar, using as fuel the wood of the Asherah pole you cut down." Judges 6:25-26 (NLT)
- Then Gideon sent for the warriors of Naphtali, Asher, and Manasseh, who joined in chasing the army of Midian. Gideon also sent messengers throughout the hill

country of Ephraim, saying, "Come down to attack the Midianites. Cut them off at the shallow crossings of the Jordan River at Beth-barah." **So all the men of Ephraim did as they were told.** Judges 7:23-24 (NLT)