

2021

War on Shame

Group Guide Week 3

Defending against and defeating the unavoidable



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 Three

Once shame makes its assault, the messages we are left with can be difficult to live with. They have a way of turning guilt over an action into shame over our identity. To make matters worse, there are times shame enters our lives by invitation. This week, with the help of Jesus, Zacchaeus, and a woman on a mission, we will discover together the three things needed to guard against surrendering to shame.

Big Idea: How to build shame resilience promotes the freedom we are promised by God.

Scripture: Luke 8:42-48, Luke 19:1-10 (NIV)

Key Takeaways & Action Items

- **For Christ followers freedom is a promise.**
- **Jesus is intent on healing both the shame that we cause ourselves and that is forced upon us.**
- **How do we guard ourselves from surrendering our lives back to shame again?**
- **When facing shame we must learn to be: Courageous, Compassionate, Connected**
- Guilt is an emotion that follows an action, shame deals with “who we are”. Guilt says “i made a mistake.” | Shame says “I am a mistake.”

Group Discussion Questions

1. We talked about our initial reaction to events or things that happen to/around us as a “Stormy First Draft”. These are stories we create in our head (*example: “he didn’t text me back- either he’s dead, or cheating, or hates me”*)
Are you someone who overthinks? How far do you tend to overthink?
2. It’s easier for us to explain ourselves and others as Angry rather than Hurt.
What are some other things that you’ve settled for “accepting about yourself” rather than doing the work to get to the root of it all? (*triggers, past bad experiences, etc*)
3. Shame meets us at the overthinking stage, telling us our “stormy first draft” of our life is the only truth. This shame gives us the inability to accept new God-given task because of “potential shame”, or failure.
If we’re being honest, what are some things you should have done, but allowed your shame to keep you from? Are there current things you are scared to step into because of shame?
4. Guilt is an emotion that follows an action, shame deals with “who we are”. Guilt says “I made a mistake.” | Shame says “I am a mistake.”
What are some things that you’ve felt guilty about, but now walk around in shame that you need to release as bad actions, not bad character?
5. Read Luke 8:42-48
In this culture, what about this woman was shameful?
6. This woman was at her last hope to get healing after 12 years of suffering. Jesus didn’t need to announce who he was, he needed to take care of her shame and let her know that her 12 years of suffering wasn’t for nothing. What are past sufferings God has shown you recently weren’t for “nothing”? How was he able to remove that shame you spoke over your life?

7. Read Luke 19:1-4
What all do you know about Zacchaeus?
(examples: Tax collector, stole more from people, needed validation)
8. A big difference in this story of shame is that Jesus calls Zacchaeus by name, he didn't call the bleeding woman out- Why?
9. Jesus' is intent on healing both the shame that we cause ourselves, and the shame that is forced upon us. How do we guard ourselves from surrendering our lives back to shame again?
10. Shame resilience says we must learn to be courageous, compassionate and connected to push back new shame from sticking in our lives. What are examples and actions that we can take to be these 3 things?

Scripture & Resources

- It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1(NIV)
- As Jesus was on his way, the crowds almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. Luke 8:42-43(NIV)
- She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. Luke 8:44 (NIV)
- "Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." But Jesus said, "Someone touched me; I know that power has gone out from me." Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace." Luke 8:45-48(NIV)
- Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was, but because he was short he could not see over the crowd. So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. Luke 19:1-4 (NIV)
- When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. Luke 19:5-6 (NIV)
- All the people saw this and began to mutter, "He has gone to be the guest of a sinner." But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of

anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost." Luke 19:7-10(NIV)