

2021

War on Shame

Group Guide Week 1

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 One

To take on shame, we have to start at the root: failure. Our failures, common and uncommon, store themselves in our memories as sources of shame. Clearly, it is not God's desire for us to be held captive by the shame of our previous mistakes. However, if we aren't intentional, we can allow shame's short walls to keep us barricaded in, defeated. In the first week of War on Shame, we will take a look at a man's failure, his community's response, and the lengthy results of his restoration.

Big Idea: The love of Jesus breaks the power of shame.

Scripture: 1 Corinthians 6:18 (NLT), Isaiah 53:4-6 (ESV), Hebrews 12:1-2 (ESV), Romans 8:1 (ESV), Galatians 5:1 (ESV)

Key Takeaways & Action Items

- When it comes to failure, we don't have to languish in it. We can actually leverage it.
- Nothing seals shame like repeated failure.
- Shame is parasitic. It needs you, you don't need it.
- It's the life and love of Jesus that breaks the power of shame.
- What was really our shame, became his.
- By despising shame, Jesus defeated shame.
- We declare war on shame today by acknowledging the work of Jesus Christ on the cross.
- We reject shame's requirements.
- We hide ourselves in the long and loving shadow of the cross of Christ.
- We are free from shame. We are adopted into his family as sons and as daughters.
- And so we sing as a free people this morning. Not defined by our failures, but rather aligned with God and his redemptive plan of rescue.

Group Discussion Questions

1. When you hear the word failure, does it bring specific events to your mind? Specific people?
2. Growing up, was failure something you could openly be honest about? Or, were you trained not to talk about things you or your family failed at?
3. In this community, we know that honesty about your whole story is what brings you healing.
What are some things you've recently been able to be honest about with past failures?
4. True or false questions:
Failure is found most in: Romantic Relationships, Financial Success, Addiction?
5. Do you believe failure is something you do, or something you are?
6. In what ways do you find yourself overcompensating for your failures?
7. Read Isaiah 53:4-6
What was really "ours" became His. This statement is true for the Shame we carry because of our failures.
What are some past failures that you're still carrying around in shame that you need to allow Jesus to carry?
8. "Shame is a Parasite" Shame needs you, you don't need it. Would you say you're attached to shame and it won't leave?

9. Read Romans 8:1 & Galatians 5:1

What steps can we take from these scriptures to win the war against shame?

Scripture & Resources

- Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 1 Corinthians 6:18 (NLT)
- Surely he has borne **our** griefs and carried **our** sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for **our** transgressions; he was crushed for **our** iniquities; upon him was the chastisement (punishment) that brought **us** peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity (wickedness) of **us all**. Isaiah 53:4-6 (ESV)
- Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, **despising the shame**, and is seated at the right hand of the throne of God. Hebrews 12:1-2 (ESV)
- There is therefore now **no condemnation** for those who are in Christ Jesus. Romans 8:1 (ESV)
- For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. Galatians 5:1 (ESV)