

NOT ALONE

Shame (John 8:2-11)

Week 3 - Discussion Guide

Shame is hard to discuss. Shame has been with humanity since Adam & Eve. In Genesis, we read about how after they ate the fruit, their eyes were opened and they realized they were naked and they were ashamed. We all have experienced some kind of shame and this shame has inevitably lead us to feel unworthy to others, to ourselves, and towards God. But God shows us in Jesus Christ who we really are. Jesus Christ takes our shame and the source of our shame on Himself so that we can be restored to the people we were meant to be.

Note to groups: if someone shares something difficult, it may be tempting to respond with something like "oh, you shouldn't feel that way" or to try to solve their problem. While well intentioned, these responses have the potential to minimize someone's experience. Rather, practice affirming their feelings and experience, and expressing gratitude for their courage to share.

Ice Breaker

1. In this room, who would win the Hunger Games?

Will I ever be _____ enough?

1. How would you fill in this blank? "I will never be _____ enough."
2. What are the "laws" that you hold yourself to - in society? In your family? For yourself?

Your Shame Has Been Covered

Genesis 3:1-13, John 8:2-11

1. When is a time that you've felt shame recently (shallow or deep)?
2. How does God respond to Adam & Eve hiding from Him?
3. Guilt says "I made a mistake," while shame says "I am a mistake." What do you think of that difference? Which do you experience when you make a mistake?
4. Where do you see yourself in the story of the woman caught in adultery?
5. Have you ever doubted Jesus' love for you in times when you've felt ashamed?
6. How have you felt released from shame in the past?
7. Jesus can throw the stone, but doesn't. Instead, he takes it from us, forgives, and sets us free. How can/does this change the way we deal with our shame?

Safe People

1. How do you know someone is safe to turn to when you are struggling with shame (or fear, guilt, grief, etc.)?
2. Are you this kind of 'safe' person? If not, what needs to change?
3. How has someone met you in the midst of your shame with words or actions of grace?

Break up into groups of men & women and discuss the following questions.

Men.

Society places certain typical expectations on men that make them feel they're "not good enough", especially in regards to priority/primacy of work, never showing weakness, having all the answers, and showing power over others.

Women.

Society places certain typical expectations on women that make them feel they're "not good enough", typically in regards to being thin, pretty, nice, and never letting others see you sweat...in essence, projecting perfection at all times.

1. Do any of these expectations make you feel "not good enough"?
2. How does shame show up for you?
3. What do you typically do with your shame? Do you have another woman in your life who you can share with? Could you build that with another group member?



Love Where You Live

How can you reach out and become a safe person for someone who you know is struggling with "will I ever be good enough?"