

SHAME

talk it
over

KEY SCRIPTURE

Genesis 2.25

Adam and his wife were both naked, and they felt no shame.

Genesis 3.10

[Adam] answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

GROW

Read 1 Corinthians 15.45-49

Shame is a deadly combination of failure and pride. It's this fear of being found out. A fear that produces a lot of confusion and disappointment, and the result is we run and we hide. But Jesus calls us out of this place. He calls us out from the darkness of our shame and tells us we don't have to live that way. His death and resurrection are the antidote for our shame, and receiving His forgiveness is the way to come out from hiding. Our shame was great, but Jesus is greater.

LOOK

Where do you run to hide when you want to cover your shame? Is it a place, a person, or a habit and addiction?

How do you typically deal with your shame?

Have you ever been caught in your shame? What was it?

What are some of the ways you avoid dealing with your shame?

Can you see others struggling with something, but you don't know how to help? How can your victory in Christ over shame help others?