



## Shame

### Introduction

Feelings are more than fleeting. They tell us what's really going on inside. The goal isn't to suppress them, hide them, or even to manage them. God teaches us to read them, express them, and allow the gospel to shape them. Get in your feelings and find out what they say.

### Experience God Daily

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. A lot of people's first experience of shame comes on the playground as kids often over insignificant matters. If you feel comfortable, share something that you were picked on?
2. What is the difference between guilt and shame (Hint: Do vs. Are)
3. Does shame always come from something you did? Explain.
4. Hopeless perfectionism is one common strategy to manage or eliminate shame. How will this just set you up for more disappointment later on?
5. Compare and contrast Jairus and the woman in Luke 8:40-48. How was Jesus the answer to both of their problems?

#### Leader's Tip

You don't need to have all the answers. "I don't know. Let me get back to you" is a great response. Not only will they understand, they will admire your humility. It also may inspire them to think they too could lead a small group.

### Do Life Together

Brene Brown writes in "Thought it was just me (but it wasn't)" that speaking our shame robs it of its power? Do you agree? Do you have the kind of safe community where you can do that? What would you need from this group in order to begin to develop that community?