



Luke 8:43-48

Shame

10.10.21

Small Group Discussion Guide:

These are questions you could possibly use for small group discussion. Consider what questions work good for your group and what doesn't.

Pastor Bryan walked through shame in three stages, this guide is designed in the same way.

Part 1: Defining shame

Part 2: A story of shame

Part 3: Dealing with our shame.

Opening Questions (pick one or two to answer as a group)

1. Did you ever have an amazing hiding place when you were younger? A place you felt safe and secure?
2. Shame will drive us towards isolation not community. Why do we feel safer when we hide from community?
3. What stood out to you the most from the sermon on Sunday?

Defining Shame:

"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging." – Brene Brown

"Shame is the deep sense that you are inherently flawed, unacceptable, and unworthy of love because of something you've done, something done to you, or something associated with you."
– Ed Welch

4. In your own words, how would you define shame?
5. What is the difference between shame and guilt?
6. How does the work of Christ deal with both? (Rom 8:1 guilt needs forgiveness. 2 Cor 5:17 shame needs identity shifts)
7. Brainstorm examples of shame from the Bible. What can we learn from these examples?



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8. Shame can come from decisions we make or at no fault of our own. What are examples of causes of shame today?
9. Pastor Bryan said that shame will cause us to hide. How does shame effect relationships? Friendships, families and marriages?

A Story of Shame (Luke 8:43-48)

10. What things stand out to you about the story?
11. Where do you see shame in the story told by Luke?
12. What can learn about how Jesus responds to shame from this story?

Dealing with Shame

Take shame out of the shadows

13. What parts of your life do I prefer to keep hidden away? Why? Is this a conscious effort, or an automatic response?
14. Why might people be afraid to share shame with others?
15. How can we make our church a community that is safe for people to share shame?

Let Jesus define who you are

16. Shame is an identity issue. It is not about what we have done but how we view ourselves as a result of what we do. If I steal = I am a thief. If I lie = I am a liar. If I kill = I am a murder. As a group come up with 10 I am statements that are rooted in who God says we are because of what Christ has done for us.