



## Large Group Discussion Questions

### 3.18.26 - “The Shame Game”

#### Workshop Summary:

Pastor Jeff teaches that shame makes us feel flawed and hide from God and others, but it began with sin breaking relationships. Through Jesus, God’s truth, and vulnerability with others, we can bring shame to Him, replace lies with truth, and break the bondage of shame and live in freedom.

#### Main Points:

Defining guilt vs. shame

- Guilt says “I **DID** something **WRONG**”
- Shame says “I **AM** something **WRONG**”

God’s original design for us is...

- To **KNOW** and **BE KNOWN**

The problem...

- Shame **DISCONNECTS** us from **GOD** and **OTHERS**

Unhealthy ways we try to deal with shame...

1. We **JUDGE** harshly
2. We **COVER UP** sin
3. We **ISOLATE** and **HIDE**
4. We **NUMB** the **PAIN**

Healing our shame requires...

1. God’s **SACRIFICE**
  - *Action:* Respond to the **CROSS**
2. God’s **PRESENCE**
  - *Action:* Take your shame **TO GOD**, don’t hide it **FROM GOD**
3. God’s **VOICE**
  - *Action:* **KNOW** that Jesus **KNOWS** what it’s like to be **YOU**
  - *Action:* Replace **LIES** with **TRUTH**
4. God’s **PEOPLE**
  - *Action:* **CONNECT** vulnerably with others through **WEAKNESS**

#### Discussion Questions:

1. Did any of you tonight, **FOR THE VERY 1<sup>ST</sup> TIME**, put your trust in Jesus (and what He did on the cross) to save you from your sins and lead your life? *Leaders, do NOT skip this question! If you have a student who took this step, celebrate this in a BIG way; it’s why we exist as a ministry! As always, be sure and log this as a “God win” on the App and/or share this news with Charles/Cam/Mary or TJ...thank you!*

### **Questions & Take Away:**

2. Was there anything that Pastor Jeff covered that confused you or didn't make sense?
  - a. What was your biggest take away from tonight's lesson? Why?

### **Guilt vs. Shame:**

3. How can understanding the difference between guilt ("I did something wrong") and shame ("I am something wrong") change the way you think about your mistakes or failures?

### **Hiding vs. Healing:**

4. Think about a time when you wanted to hide a struggle from God or others. How did that make you feel, and what might have been different if you had brought it into the light?

### **Unhealthy Coping:**

5. Which unhealthy way of dealing with shame—judging yourself, covering up, isolating and hiding, or numbing pain—do you relate to most? Why? How does that method affect your relationships or your own sense of worth?

### **God's Forgiveness:**

6. What difference does it make to know that Jesus removed condemnation (condemning ourselves) for those who follow Him (Romans 8:1)? How could believing this truth change how you see yourself when you mess up?

### **Jesus is Not Ashamed of You:**

7. What does it mean to you that Jesus is not ashamed to call His followers His brothers and sisters (Hebrews 2:11)? How could that truth shape the way you treat yourself and others?

### **Bringing Shame to God:**

8. What might it look like for you to bring your shame to God instead of hiding it (Psalm 32:5)? What are practical ways you could start doing that this week?

### **Shame Thrives in Isolation:**

9. Why does shame grow stronger when we isolate ourselves? Who are safe people in your life who could help you heal, by allowing you to be honest and vulnerable?

### **Replacing Lies with Truth:**

10. What are some lies that shame tells you ("I'm not enough," "No one would accept me")? How does God's truth speak against those lies, and how can you remind yourself of it?

### **Focusing on Jesus:**

11. When shame starts to overwhelm you, how can keeping your focus on Jesus (Hebrews 12:2) help you respond differently? What are some practical ways to do that in your daily life?

