



Shame Sucks | Shawn Johnson | 10.25.20
Weekly Study

START

To get things started, go around the circle and answer the following question:

What is one fall activity you remember doing as a kid?

SHARE

Welcome to Week Eleven of Kingdom Culture. Two thousand years ago, Jesus started the process of bringing the Kingdom of Heaven to earth. In this series, we are talking about what it means to continue the process.

This week, Shawn talked about shame and the distance it creates with our God and others! But before we dive in, take some time to check in with your Group by having everyone answer these questions:

What is one word you would use to describe your current relationship with God?

What was the most challenging part of your week?

What was the best thing that happened to you this week?

GROW

Read Luke 15:11-32

For many of us this is a familiar story and we may find ourselves coming to the conversation already in the know. Or this may be new to you, a story about a Father's deep love and

affection for his sons. This week let's come expectant for God to speak new things to our hearts and breathe life into our bones.

Shawn gave us the differences between what guilt looks like and what shame keeps us from. Guilt brings us to confession and repentance restoring relationship with God and others. Shame keeps us from any of that, it keeps us in hiding. Shame sucks! In this story we just read, the youngest son takes all and leaves for what he thinks is "the better." Coming to find out that it was everything but that. He leaves a life of abundance and finds himself alone, living among great lack and need.

This week, Shawn pointed out such great question: *Why didn't he just go home?*

We have to imagine that while the young man laid his head down each night in the pig's muck, that memories of home and his family would flood his mind and heart. And then, just as the enemy does, crafty, replays what he had chosen. Now flooding his mind with lies, he had chosen to leave it all. This is what kept him from going home. Shame does that. It is much like a tape replaying your past over and over again. Reminding yourself of what you chose as "the better" and it is bringing hardship all along the way. You see, the young man, He forgot. The son forgot whose he was and where he was from.

But God. God the one who loves us more than we can ever imagine, reminded him of whose he was and where he was from. He was deeply loved by his father who "kept watch" for him each day for his return. This is a beautiful picture of the deep love and affection our Father in heaven has for us. He is waiting for us to return home, back to him, back to "the better."

Many situations, or circumstances can trigger shame. We just read of the young son and his experience. Discuss your reaction to this story.

Would anyone feel comfortable sharing an experience of shame with the group? What effects did that experience have on you?

In your experience, why do you think that shame is not often talked about within your community of people? Is it easier to talk about with those closest to you or is it more difficult? Why or why not?

M O V E

Read Genesis 2:25; 3:1-10

There is something so beautiful by going back to the beginning of the story where everything was in its right and proper place. Perfect in every way. Try to imagine the indescribable peace that Adam and Eve experienced within their relationship with God and with one another, they felt no shame (Genesis 2:25.) This is what God intended all along and that still can be found in the gospel of Jesus Christ. And as Shawn reminded us, we have a heavenly Father who says, “When you come to me, all I see is perfect.

As the story continued, sin entered the world and Adam and Eve hid. They never hid before because they lived in perfect peace with their Creator. But there is something so good that we find in the details, even in their shame that they both were experiencing, their Father still came to look for them. He knew what had happened, but nothing kept him from pursuing them, the ones that he created in his image. Isn't that just how God is? That his love will never be separated from us. Take a deep breath! This is good new friends!

In times we find ourselves wanting to hide and are being weighed down by shame, we need to talk to heart, our soul and our mind. Preach the gospel of freedom we find in Christ and rest in his perfect love for us.

Share of a time where you have experienced the unstoppable pursuit of God in your life? Were you able to receive this love or did you find it difficult due to the shame you had been carrying? Share with your group.

Maybe you are experiencing deep shame today, what would it look like for you to receive this love today? How would this change your everyday, ordinary life? Your relationship with God? Your relationships within your family, with your friends, in your community?

Take-Home Assignment:

Write these down and put them in a place you see them each day as a way to speak to your heart this week.

[John 3:16 NIV]

For God so loved the world that he gave his one and only

Son, that whoever believes in him shall not perish but have eternal life.

[Romans 10:13 NIV]

Everyone who calls on the name of the Lord will be saved.

[1 JOHN 1:9 NIV]

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

[Ephesians 2:8 NIV]

For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God ...

[Romans 8:1 NIV]

Therefore, there is now no condemnation for those who are in Christ Jesus...

Now, go and rest in this. He is a good, good Father.

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Hebrews 4:16

