



Reframe Your Shame | Irene Rollins | 7.2.2023

Weekly Study

SHARE

In our opening week of *Book Club*, our amazing friend Irene Rollins shared a powerful message about shame from her new book, *Reframe Your Shame: Experience Freedom from What Holds You Back*. We all carry shame at some point in our lives but few of us ever realize the power it has to isolate us from the love and grace that God has for us. By reframing her shame, doing the work, and relying on God, Irene was able to shape her “rock bottom” into a firm foundation upon which God was able to rehabilitate and restore her life in a way she never could have imagined. Are you ready to expose your shame to the light and let God restore the good things in your life?

How have you been since last week? Do you have any highs or lows you’d like to share?

What was the most significant thing Irene said during the weekend message that stuck out to you?

When you think of shame, what comes to mind?

GROW

Read Romans 12:1-2 (MSG)

We live in a culture that teaches us that what we have to offer the world determines our value and worth. Because of this, we build highlight reels for our lives to show others how great our lives are while leaving out all of the messiness we must walk through; we work ourselves into the ground doing our best to keep up with the status quo, coping with the stress by any means necessary; and we eventually lose sight of God completely because we’re so fixated on not losing our place in culture. Before we know it, we’ve become so well adjusted to our culture that we’ve forgotten who we were meant to be.

In what way has culture influenced you so severely that you're now doing something to fit in without even realizing it?

Irene mentioned that our thoughts dictate our behavior. On a daily basis, are your thoughts fixed on God and his will or on how you fit into culture? How are your thoughts influencing your behavior?

M O V E

Read 1 Corinthians 6:12

What is something in your life that you rationalize doing that isn't beneficial to your faith or your life?

Has shame ever become master over your thoughts and/or actions? How?

Read Proverbs 18:21

Are there lies being whispered in your ear about your shame, or things you're telling yourself that contradict what God believes about you?

What is one thing in your life you need to admit is a problem that you might need help overcoming?

How can you welcome the word of God and speak positive thoughts over your situation this week?

P R A Y

This week, pray for shame to lose all power and control it may have over your life. Pray for the strength and faith needed to lean into the areas of your life you may be ignoring that need healing. Pray that God draws closer to you this week and that you can eliminate distractions and cultural pressure so you can fix your eyes on what he has for you.