



DATE	June 30, 2019
SPEAKER	David Smith
TITLE	Crushing Shame
SERIES	On the outside, you're crushing it – at work, at the gym, at the bank. But on the inside, you're collapsing – shame, doubt and loneliness weigh you down. It's okay to not be okay. Because when we bring our struggles out of the shadows into the light, God can help us heal.

Crushing shame – a very painful emotion and condition of humiliating disgrace that we may feel because of things we have done, things we haven't done, and/or things done to us. The amazing thing to remember is – Jesus gives us a path out of our shame!

1. Pastor David spoke of the progression of shame and how it begins with hiding. Saying we do everything possible to hide our shame, he used Facebook as an example of a facade we create to hide behind. What are some other examples you can think of?
2. Why is our first instinct to hide? How is this action such an effective tool for Satan?
3. The progression of shame ultimately leads to insecurity. Pastor David described insecurity as losing our identity not only in who we are, but also in who we belong to — Jesus. The insecurity we feel from shame creates a rift between us and the Lord. Have you experienced this rift before and, if so, how did it impact your other relationships?
4. Hiding in Jesus requires that we confess to Him and ourselves. In Psalm 32, King David confesses his sin and refers to God as his “hiding place”. What are some ways we can “hide” in Him?
5. Pastor David suggested that the more we pour ourselves into Christ, the more we feel the light of the Holy Spirit in us. Using small groups as an example, he described the power of authentic relationships with other people. How has being part of a small group impacted your life and the lives of those around you?
6. Guilt's message is, “I did something bad.” Shame's message is, “I am bad.” Why is it important to be able to identify the difference?
7. Pastor David reminded us that God is omniscient – God knows everything, and yet He asked Adam, “Where are you?” Why did God ask this question, and has He ever directed this question to you? If so, why did He ask you this question and what was your response?
8. What is one thing that you would like to see yourself do if you experienced *complete* freedom from shame today? What is stopping you?

Thank you, Jesus, for providing a path out of guilt and shame! We see how effective and destructive this lie can be in our lives and the lives of those very dear to us. We confess to you right now the shame we are experiencing. Shine your perfect Light on the dark and hidden places of our heart. There is no condemnation for those who are in Christ Jesus. Thank you for reminding us that we are **yours** and that shame has no power over us! Amen.