



<b>DATE</b>	July 22, 2018
<b>SPEAKER</b>	David Smith
<b>TITLE</b>	Shame to Approval
<b>SERIES</b>	Stuck in anxiety? Trapped by guilt? Bound by consequences? Your future can be greater than your present. With God's help, you can undergo a metamorphosis and emerge from them free to experience the abundant life you're meant to live.

### Shame is a soul-crushing emotion.

1. Warm Up Questions:
  - a. Option 1: Pastor David cited a survey that says Americans are more concerned about their reputation than they are about their conscience. Reputation is all about avoiding shame, but conscience is about actual guilt. Have you seen this in others? Do you ever see it in yourself? Why is it so easy to worry so much about what people think? (see Matthew 9:10, Matthew 7:3-5)
  - b. Option 2: Shame is a soul-crushing emotion. How might this emotion be damaging to us, our relationship with Jesus or our relationships with others?
2. Read through I Peter 2:1-25 and try to capture the key points with a short title for each section:
  - a. Verses 1-3 (for example, "Saying No is the First Step")
  - b. Verses 4-8 (for example, "Chosen, Not Rejected")
  - c. Verses 9-12 ...
  - d. Verses 13-23...
  - e. Verses 24-25...
3. Pastor David talked through I Peter 2 to show how to overcome the power of shame in our lives. He said that "A no is the first step to a yes in our lives." What are some of the damaging thoughts he mentioned that we can we say no to? How will saying yes to right thinking lead to a renewed mind? (and open the door to grace and freedom from shame, cross reference to Romans 12:2)
4. Discuss some practical ideas for overcoming the power of shame in our lives from I Peter 2:
  - a. How do I embrace my brokenness? (v. 1-3)
  - b. How do I relinquish control? (v. 6)
  - c. How can I make an honest self-evaluation (v. 9) (see also Psalm 139:23; Psalm 32:5; James 5:16)
  - d. Do I have amends to be made? (v. 10)
  - e. How should my thinking be different? (v. 16)
  - f. What is my story? How do I own my story? (v. 24-25)
5. Peter (v. 9) describes us as "a chosen people, a royal priesthood, a holy nation, [and] God's special possession." How is that reality worked out in us? Is it visible? How do we "declare the praises of him who called you out of darkness into his wonderful light"?

6. Pastor David shared a story about a bus bathroom prank. The bathroom door was unlocked and accessible, yet the person inside thought he had been locked in, so he didn't even try to open the door to get out. This story shows the power of what we think about our situation. We are to live as free men and women (v. 16). What are some ways a person might feel stuck or trapped by shame even though he is free?
7. Do you feel that shame has power in your life?
  - a. What are some ways people try to overcome shame in their own strength?
  - b. What are some things you learned from this study?
  - c. What are 1 or 2 steps you might take this week to overcome shame and open the door to grace and freedom in your life?
8. Peter describes Jesus as the cornerstone we trust in (v. 6):
  - a. Discuss how you finished this sentence: "Jesus, I trust you with \_\_\_\_\_."
  - b. Is there anything that you know you have not yet trusted to Him?
  - c. What in your life shows that you trust in Jesus? This week, what is one thing you can do to reaffirm and deepen your trust in the freedom that Jesus provides?

If you have time...

9. Discuss when and how to confess our sins to one another. The apostle John (1 John 1:5) described God as light and urged us to confess our sins (1 John 1:8-12). Paul (Ephesians 4:25) called us to speak truth to one another. James (5:16) linked effective prayer with confessing our sins to one another. When do you think we should confess our sins to a brother or sister? When should we reach out to a pastor?
10. How are you on forgiving others? How are you on forgiving yourself? (see Matthew 6:15).