

# WK 2 - MAY 9 SPIRALING SHAME

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## INTRODUCTION

This week, Pastor John focuses on how our emotional and spiritual responses can be triggered by spiraling shame, the great deception that convinces us to believe something we're not and chase something that won't fix it. Shame can be an internal critical and condemning voice that attacks our true identity in Christ. The only way to stop the spiral is by "fixing our eyes on Jesus, the pioneer and perfecter of faith." (Hebrews 12:2)

## DISCUSSION

1. If you were to give shame a color, what would that be? Why?
2. According to Pastor John's definitions, how do you define shame and false guilt? How do you think that's different than conviction from the Holy Spirit?
3. **Read 1 Corinthians 4:3-5** and discuss how Paul dealt with inner shame and guilt.
4. Share when you are most vulnerable to shame.
5. **Read Hebrews 12:2** together and discuss how to fix your eyes on Jesus this week.

## TAKE ACTION

1. Set aside 20 minutes this week to ask God to reveal any areas of your life where shame might be keeping you stuck.
2. Focus on your identity in Christ by reading the verses listed by Pastor John:  
Romans 8:16, 1 Corinthians 12:7, 2 Corinthians 5:17, Ephesians 1:3, Ephesians 2:4, 1 John 1:9.
3. If someone you know is struggling with shame, encourage them this week by texting, calling or, even better, grabbing coffee with them.

## RESOURCES

1. *Changes That Heal* by Dr. Henry Cloud
2. *Emotionally Healthy Spirituality* by Peter Scazzero
3. *Freedom From Guilt* by Dr. Bruce Narrowmore