

## Questions for Individual or Groups:

1. Pastor Kory said, "Shame is the tendency we have to hide our true thoughts and emotions from others or God for fear we won't measure up and will be rejected." How does this definition compare to how you've thought of shame in the past?
2. What makes shame such a powerful influence in our lives?
3. What is the most important difference between healthy shame and toxic shame?
4. Why is self-esteem NOT the answer to shame?
5. Why is it important to distinguish between shame caused by sin and shame caused by a lie we believe?
6. How does Jesus' death and resurrection deal with *both* sources of shame?
7. What are the lies you're tempted to believe? How does this impact your day to day life? What is the truth you can replace it with? (Get help from the group if you need to)

Proverbs 3:5-6

Psalm 139

Romans 5:8

Philippians 4:4-9



## The Struggle with Shame

**Scripture: John 8:1-11**

How would you have felt if you were the woman?

- You would probably feel \_\_\_\_\_.

Psychologists make a distinction between \_\_\_\_\_ shame and \_\_\_\_\_ shame.

Either you feel shame or you're a \_\_\_\_\_.

Healthy	Toxic
"I did a _____ thing."	"I am a bad _____."
Moves us _____ people and God.	Moves us _____ people and God.

Shame is our tendency to hide our true thoughts and emotions from others or God for fear we won't measure up and will be \_\_\_\_\_.

### Genesis 1-3

"Adam and his wife were both naked, and they felt no shame."  
—Genesis 2:25

When Adam and Eve sinned, they realized they were vulnerable, they \_\_\_\_\_ themselves and \_\_\_\_\_ from God.

### The fork in the road:

Healthy shame → \_\_\_\_\_, reconciliation and \_\_\_\_\_.

Toxic shame → \_\_\_\_\_, self-condemnation and \_\_\_\_\_.

### Two Sources of Shame:

1. Things we \_\_\_\_\_ feel ashamed of. (i.e. sin)
2. \_\_\_\_\_ we believe about God, others or ourselves.

Society's answer for shame is \_\_\_\_\_ - \_\_\_\_\_ or to change the standard.

### Jesus' response to the religious leaders...

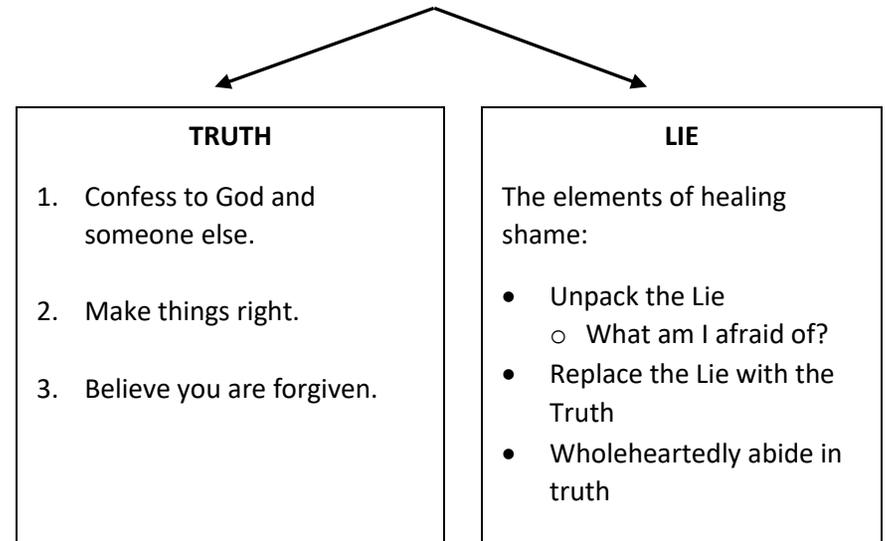
1. \_\_\_\_\_ the field.
2. Showed the woman she wasn't \_\_\_\_\_.

3. Showed everyone the heart of \_\_\_\_\_.

"For God did not send his Son into the world to condemn the world, but to save the world through him." (John 3:17)

### Dealing with Shame:

Is your shame rooted in truth or a lie?



Appearance and body image  
Money and work  
Motherhood/ fatherhood  
Family  
Parenting  
Mental and physical health

Addiction  
Sex  
Aging  
Religion  
Surviving trauma  
Being stereotyped or labeled