

Message-based Study

Connection

Who is someone in your life that you look up to, and aspire to be like?

Content

“Shame degrades the image of God in us.”

What do these words mean to you?

The progression of confession.

1. Read 2 Samuel 12:7-9,13 and Psalm 32:5. When we are confronted by our sin, we face recognition of our sin, and then we confess our sin to God.

As David was confronted with his sin, and then turned to confessing before God, what can you gather on how he was feeling in this moment?

Confessing our sin reveals God’s character.

2. Read 1 John 1:9-10. God forgives us based on God’s character, because He is a faithful and forgiving God.

How is your relationship with God in terms of confessing your sins and what can you learn from this passage?

Confessing our sin reveals our character.

3. Read Psalm 51:3-17.

What details stand out to you about David’s confession, and how can you apply them to your relationship with God?

Unhealthy Progression.

4. Guilt says “you made a mistake.” Shame says “you are a mistake.”

As we face our shame, we need to stay in the Truth. Where in scripture can you turn to remind yourself that “you are NOT a mistake”?

What should I do with the shame that I feel?

5. When we face our shame we need to “Pray the Truth.”

What does praying the truth look like?

Commitment

6. Read Hebrews 12:1-2.

**The Roman cross was designed to shame you. Christ was shamed for us,
He endured it for us, scorning its shame and giving us all eternal joy.**

Today consider how you can thank Jesus for scorning shame for you and offering you joy and forgiveness in its place.



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

This week, **Serve** a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S them.

Would you like to give any updates to the group on someone you have shared about in the past?