

APPLICATION QUESTIONS
Applying this message to everyday life

1. As a church how do we resist becoming a “trophy case for the righteous” and strive to be a “hospital for the broken”? What are the implications? What’s your part?

2. Who do you have in your life that you can “share your story” with? What makes them a safe person?

3. How will you break off shame in yourself, others, your parenting, and your relationships this week?

4. Review the following five steps in becoming free from shame.
 1. Accepting that which cannot be changed
 2. Bringing your past or current situation out into the open
 3. Filling your life with the truth of who God says you are
 4. Asking for forgiveness, not just saying you are sorry
 5. Embracing that God can change your future

What is your next step in becoming free from shame?

*What Lies Beneath
Shame
Luke 8:40-48*

*GateWay Bible Church
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What Lies Beneath-Shame

Luke 8:40-48

A. _____ says—“I did something bad”, _____ says—
“I am something bad”

B. The _____ of shame

Hopeless _____ ---Harsh _____ ---Helpless _____

Shame based thinking warps our _____

C. Jesus turns shame into a showcase of His _____

An important contrast: a sick unknown _____

vs. a healthy well-known _____

A desperate _____ becomes a secret healing

A secret healing results in public _____ - _____

Self-disclosure leads to a new _____

D. Three things Jesus wants you to _____ about shame

1. Shame thrives in _____

Action step: He wants you to tell your _____

2. Shame distorts your _____

Action step: Lift your _____ and change your _____

Move from what I am _____...to who Christ says I _____

3. Shame destroys _____

Action Step: Allow Him to restore you to loving _____

GETTING-TO-KNOW-ME QUESTIONS

Sharing time to get your group started

- A. Share a funny story about your childhood where you got caught doing something you weren't supposed to be doing.

- B. What style of clothing or hairdo did you have in years past that you wouldn't be caught dead having today?

- C. Shame is thinking, "I did bad, so I am bad." Share a memory of feeling this way.

LIFE GROUP HOMEWORK

Jot down a brief answer to the following four questions

Quick Review

1. As you reflect on this week's sermon, what is one principle or insight that stands out as being particularly helpful, insightful or difficult to grasp?

2. Do you think shame makes you most vulnerable to perfectionism, criticism of others, or self-defeating thoughts?

3. In Luke 8:40-48, the woman and Jairus were desperate for healing. What are the benefits of being in a desperate place?

4. We see how shame thrives in isolation, distorts our identity and destroys intimacy. What are some other "fruits of shame?"

5. As followers of Jesus, who does God say we are in some of the following verses:
John 1:12

Romans 8:1, 31, 35, 38

1 Corinthians 3:16, 7:23

Ephesians 1:5, 2:18