

Deep Clean | 1 | Healing From Shame

Start talking. A conversation starter for your group.

- How does this season feel different from a year ago?

Start thinking A question to get your group thinking.

- Which part of the message spoke to you why?
- Shame-based thinking can make us vulnerable to perfectionism, critical of ourselves and others, and reliant on self-defeating thoughts. Which of those three behaviors are you most prone to experience? How does that behavior affect your life?
- How would your life change if you focused less on what you're not and more on who Christ is? What would it look like to live without shame?

Start sharing. A question to create openness.

- Has God ever freed you from living in a place of shame?
What was that experience like?
- Fill in the blanks. I am not _____. Because of Christ, I am _____.

Start praying. Be bold and pray with power.

- Father, thank You for the opportunity to gather together and celebrate the new life Your Son secured for us. Help us to fix our eyes on Jesus rather than any shame we might feel, and thank You for defeating shame once and for all. In Jesus' name, amen.

Start doing. Commit to living it out this week.

- This week, spend some time meditating on who you are in Christ.
- Shame is the overwhelming feeling that our mistakes are our identity. (They aren't.) In response to shame, we often make all kinds of rigid rules, or we try to avoid or cover up our issues. Read the statements below to see if shame is controlling you:
 - When someone suggests you might have done something wrong, you feel driven to defend yourself, defame the person, or blame the situation. But on the inside, you're feeling like what's wrong is you.
 - When something goes wrong, you start making *"I am, I can't, I never"* statements.
 - *"Mistakes are disasters. I'm spending so much of myself to avoid them."*
 - *"The real me must stay hidden because no one wants to see that."*
 - *"Why are they asking so much of me? They're going to make me fail."*
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- Here are some scriptures to read and reflect on this week:
 - Psalm 51:1-19
 - Psalm 51:10
 - Psalm 139:23-24
 - Matthew 23:25-26
 - Philippians 4:8
 - Ephesians 4:31-32
 - Colossians 3:1-15
- Consider how you could love others through serving.