



Life Group Discussion Questions

Sermon: Healing From Shame

Pastor Ray September 16th, 2018

1. Talk about a time you tried to literally hide. Why did you hide? Was there any feeling of shame involved?
2. Discuss the idea that shame can be positive. Talk about a time that positive shame prompted you to make a change in your life.
3. Have you experienced unhealthy shame – shame you did not deserve? Share about it with the group.
4. Talk about the places you might “hide” when you feel shame.
5. Read Leviticus 15:19-33, about a woman with a bleeding problem and how she has to deal with it. Does it seem fair? What do you think God was trying to teach the people when he gave them these laws? How do these laws apply to us today?
6. Discuss each of the three Bible stories Ray mentioned where people felt shame and tried to hide. Was the shame justified? Talk about how Jesus/God dealt with the shame in each situation.
7. Have you experienced Jesus/God dealing with shame you were feeling? Share about it with the group. What part did you play in order to find healing from the shame?
8. Who do we tend to shame in our culture today? Do you think the church is more or less accepting of people carrying a burden of shame? Talk about your answer.
9. If Christ took our shame on the cross while we were **still** sinners (Romans 5:6 – 11) and **still** his enemies, what does that teach us about how and when we should offer grace and acceptance to people?
10. Discuss some practical ways the church and individual Christians can show grace and acceptance to people feeling shame.