

# KILLING WHAT'S KILLING YOU | WEEK 4: GUILT/SHAME

FEBRUARY 3, 2018

## SERMON STUDY

*Dive deeper into this week's message and passages from the Bible. Here are some questions to help guide your group discussion.*

Jesus wants to free us from being pinned down by shame. When healthy conviction comes, we can either cover up or come clean. Covering up leads to unhealthy shame, but Jesus went to the cross to destroy our shame. When we come clean, sin no longer defines us.

**Read 2 Corinthians 7:10, Proverbs 28:13, and Psalm 32:1-5.** Healthy guilt from God's perspective—conviction—should work in our lives as a “check engine” light works in your car. It's an indicator that something could be going wrong.

- Some of us tend to ignore the “check engine” light. Hiding sin turns healthy guilt into shame. What does it feel like to ignore or hide sin? What does guilt feel like? What does shame feel like? What are some ways you try to hide sin in your life?
- Jesus was the master at speaking truth in people's lives in a way that made them feel worthy, dignified, and loved. If you know someone whose “check engine” light is on, how can you deliver the truth of Jesus, with the tone of Jesus, avoiding self-righteousness?
- God will never reject authenticity! If you are real with God, he always receives you. Knowing this, is it easier to bring sin out of hiding and come clean with God? Why or why not?

**Read Isaiah 54:4, Hebrews 12:2, and 2 Corinthians 5:21.** Jesus went to the cross to destroy our shame. Sin no longer defines us!

- Guilt is feeling bad about what you've done. Shame is feeling bad about who you are. How does the cross of Jesus change how we can deal with both guilt and shame?
- Are there areas of your life where you struggle to see yourself as God sees you? Any areas where you think, “I'll be worthy if...”, “If people only knew...”, or “I'm not enough”? Share with your group.
- Jesus died so you could become a treasured child of God. How does this change the way you see yourself? How does it change the way you see others?

**Read Luke 19:1-3, 7-10.** Zacchaeus was a tax collector who had become rich by cheating people. Everyone hated him, but Jesus invited himself over to his house for dinner! The very presence of Jesus brought about a radical change in Zacchaeus's life—he committed to giving back to the poor and making things right.

- Is God showing you an area of your life that needs change? Is there a character issue that needs to be addressed? Do you have any relationships that need attention? Any attitudes that need adjustment? If you're willing, share with your group.
- Remember to BREATHE: **b**e real about your brokenness, **r**elinquish control, **e**valuate yourself with fearless honesty, make **a**mends with people, **t**hink in new ways, and **e**ncourage others with your story!

## REFLECT

What is God saying to you through his word? How and when will you respond?

## DAILY BIBLE READING

Need a review of what we're reading in Daily Bible Reading? Here's a glance at how we're being challenged this week. (Subscribe at: [tpcc.org/dailybiblereading](http://tpcc.org/dailybiblereading))

Day One: 2 Corinthians 7:10 | Conviction brings an awareness of sin.

Day Two: John 4:4-9, John 4:16-18, John 4:27-29 | Hiding turns healthy guilt into unhealthy shame.

Day Three: Luke 19:1-3, Luke 19:7, Luke 19:8-10 | The presence of Jesus brings radical change.

Day Four: Isaiah 54:4, Hebrews 12:2, 2 Corinthians 5:21 | Sin no longer defines us.

Day Five: Proverbs 28:13, Psalm 32:1-5 | Jesus destroyed our shame on the cross.