

# **Sermon Study | Summer in the Psalms**

## **Walk of Shame | Psalm 25**

### **July 7, 2019**

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

**One of the biggest lessons we can learn from the Book of Psalms is that we can be vulnerable with God. And when we can't find the words, the Psalms give us a real and raw vocabulary for our prayers. Psalm 25 shows us that when we are battling intense shame, we can take it straight to God and be real with Him. When we do, we are reminded not of who we are, but of who God is. We are then able to walk out of shame and walk into our true identity in Christ.**

**Read Psalm 25:1-5 (NIV). Shame, at its worst, leads us to this thought: I am the worst thing that I've ever done, or that has been done to me. Shame says, "I am a bad person." It takes a mistake you made, or something that was done to you, and makes it your identity.**

1. Shame is a heavy and dark emotion that tries to steal our identity. In what ways has shame caused you to think of yourself as a "bad person?" How does shame play out in your life each day, maybe through memories, negative voices or something else?
2. Are you able to see the difference in making a mistake (or something that was done to you and being a bad person? In what way?

**Read Psalm 25:6-7 (NIV). When shame comes, you need reminders of God's great mercy and love. This is the way to walk out of shame and walk into your true identity that can only be found in Jesus.**

1. How could you keep reminding yourself of God's great mercy and love? What are some ways He has shown you His goodness and power?
2. How does it feel to know that God does not remember "the sins of your youth and rebellious ways?"

**Read Psalm 25:20-22 (NIV); John 4:13, 42; and 1 Peter 2:24. Jesus took on the full weight of your shame and nailed it to a cross. Where shame says you are flawed and unworthy, Jesus says you are worthy, and you belong.**

1. Shame is aggressive. How often do you try to fight shame on your own? Are you able to go straight to God with your shame and get real with Him about what you're battling? Why or why not?
2. Take a minute to remember that Jesus defeated your sin and shame at the cross. How does this give you freedom from shame? How does it feel to know that you are not your past, that you are loved? When you feel attacked by shame, what could you continually do to remind yourself of the freedom Jesus offers from shame?

#### **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: Battling shame.**

**DAY TWO: I can't do this alone.**

**DAY THREE: Jesus, remember.**

**DAY FOUR: The ultimate answer to shame.**

**DAY FIVE: The walk of shame is done!**