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Fighting The Shadow of Shame

The Lie: I need to do everything possible to prevent people from seeing my failures and weaknesses.

The Truth: God delights in you, even though you aren't perfect.

- **The beginning of shame: Genesis 3:4-8**

- **False solutions to dealing with shame**
 - Religion
 - Distraction

- **The right tool for fighting shame**

Gospel Coalition Article: “The impulse of shame is to withdraw and hide. There must have been something really special about the way Jesus met people, because all those who were the outcasts of society—unwanted, wrong, and shameful—were crowding around him! **Dane Ortlund writes in Gentle and Lowly,** “That God is rich in mercy means that your regions of deepest shame and regret are not hotels through which divine mercy passes but homes in which divine mercy abides. It means the things about you that make you cringe most, make him hug hardest. [...] It means our haunting shame is not a problem for him, but the very thing he loves most to work with. It means our sins do not cause his love to take a hit. Our sins cause his love to surge forward all the more.”



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Questions

1. Think about a time where you felt shame take you over. (If you are brave you can mention the story) - More importantly: why did you feel shame...what got exposed? How did you try to cover & hide?
2. What's the hardest part about bringing your shame out into the light? What do you think Jesus' reaction is to your shame? Why?
3. What do you learn about shame, its affects and solution, from: The Woman at the Well, Peter & Judas?



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