

IT IS FINISHED LIFE GROUP LESSON (WEEK 2) UNASHAMED

Introduction: In this lesson we are exploring what it means to be done with guilt and shame in light of what Christ did on the cross. Our theme verse is the wonderful promise in Isaiah 61:7 where God promises, *“Instead of your shame-you will receive a double portion and instead of disgrace you will rejoice in your inheritance.”*

1. In the first part of the message, we emphasized that our victory in life comes not from what we know but what we learn to believe in our heart. How is the example of the children of Israel described in Hebrews 4:1-4 illustrate this? How is the idea of seeing themselves as grasshoppers connect with how shame can keep us from the victory God has planned for our lives?

2. We discussed the difference between guilt and shame. Guilt is feeling bad for something we did; shame is feeling bad for something we are. One deals with performance, the other identity. Why is Satan so eager to add shame to guilt? Why does he want to take us, for example, from you failed to you're a failure?

3. We mentioned there are both obvious and unsuspecting sources of shame in our life. Which of these unsuspecting sources of shame can you especially relate to?

- a. Body shaming
- b. Shame from embarrassing things we've done
- c. Family situation shame
- d. Life accomplishment shame
- e. Vocational shame
- f. Rejection shame
- g. Possession's shame
- h. Not spiritual enough shame

4. We shared that Jesus' death on the cross not only took something off of us but put something into us- His righteousness. God views us as righteous as Christ. Why is it so important to move in your faith beyond a forgiven sinner to seeing yourself as a righteous son or daughter? We said this means replacing labels we've worn in our minds. What is one label you believe God, especially, wants to replace in your mind?

5. We said the Holy Spirit sets us free by shining a light on hidden shameful parts of our memories to bring God's truth. Have you experienced a whisper from God that illuminated a new way God wanted you to see yourself?

6. Where is an area of life that you need to take a stand to believe what God says about you is true in spite of feelings, people's criticism, or your past performance?