



Sermon Notes: Shame, The #1 Community Killer

1. What it is.

- a. Guilt = doing: "I did something wrong."
- b. Shame = being: "There's something wrong with me."

2. Where it comes from.

- a. Mainly: It is a byproduct of actual sin.
- b. Secondly: It is a byproduct of finding yourself on the "wrong side" of personal or social conventions.

3. What it leads to.

- a. Isolation and hiding.
- b. Disintegration and conflict.
- c. Self-justification and blame.
- d. Frustration and bitterness.
- e. Desperation and depression.

4. How it can be cured.

- a. Believe that Jesus bore your shame in its entirety to break its power over you.
- b. Believe that Jesus knows you exhaustively and loves you unconditionally.

5. How we must live in light of the Gospel.

- a. Let shame drive you to the Cross and to deeper community, not to isolation.
- b. Embody the hope of Jesus to others who are ashamed.



Gospel Applications: Shame, The #1 Community Killer

Discuss.

1. What do you think of when you hear the word “shame”?
2. What would you say is the proper function of shame in a believer’s life?
3. Think of something that’s brought great shame to your life. [You do not need to share this with your group, but take some time to work through these questions].
 - What is it about that situation that brought you shame?
 - What were your predominant thoughts/emotions at that time?
 - Which of the ways from the sermon notes (3a-e) did you instinctively react to those feelings of shame?
 - If you got past that shame, what finally helped you?
4. How have you personally seen shame destroy Christian community?
5. What’s the short-term effect of trying to resolve shame by telling yourself you’re a good person? What are some potential long-term effects?
6. How have you seen people use false shame to control others? How do you guard against this – both doing it and being manipulated by it?
7. In your own words, how does the Gospel speak to shame?
8. What one thing do you need to do this week with this message?

Pray.

1. Take your shame to Jesus and lay it out in confession.
2. Thank Christ for the Cross and ask him to make you the kind of person ashamed people want to talk to in order to find hope and healing.