

SERIES BIG IDEA:

The truth of who we are in Jesus removes our shame and gives us courage to be honest with God, ourselves, and each other.

TEACHING SUMMARY:

We all carry shame. Shame can be healthy, as well as unhealthy or toxic. Healthy shame comes as a result of realizing that we are not God and therefore we are limited. It reminds us that we are not perfect and that we can't know it all or do it all. Healthy shame also reminds us that we need relationships. It happens when we feel the conviction of the Holy Spirit. Toxic shame is not only a main consequence of our fall as shared in the story of Adam and Eve, it is also one of Satan's major destructive forces used against human lives. Toxic shame causes us to deny our own limitations. It pushes us to hide our weakness from others. The more we hide our toxic shame, the more it controls us. Toxic shame drives us to shame others and it penetrates and corrodes our identity in Jesus, driving us to hide from God. To deal with toxic shame requires us to trust in Jesus who removes our shame, giving us the courage to be honest with God, ourselves, and each other. Those who trust in Jesus will never be put to shame. Jesus wants us to be free from the shame associated with my hurts, hang-ups, and destructive habits.

TALK IT OVER (DISCUSS ONE OR MORE):

Share a story from your life of "healthy" shame. Explain some of the results of healthy shame. Where does healthy shame lead us? Is God the Holy Spirit always involved in healthy shame? Why or why not?

Share a story from your life where "toxic" shame was manifest. Does Satan always use the same shame on humans? Why or why not?

How can toxic shame control us as we try and hide it from others?

How does toxic shame penetrate and corrode our identity in Jesus? How does it drive us to hide from God?

Psalm 25:2 states "I trust in you; do not let me be put to shame." Explain the relationship between trusting God and avoiding toxic shame.

So many people have hurts, hang-ups, and destructive habits. How can Jesus free you from any that you have?

OTHER SCRIPTURES TO READ:

- 2 Corinthians 11:3
- John 10:10
- 1 Peter 5:8-9
- Ephesians 6:11-16