

**SERIES BIG IDEA:**

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

**TEACHING BIG IDEA:**

I am enough to belong.

**TEACHING SUMMARY:**

When people put shame on us they push us away from them; to be shamed is to be rejected. Toxic shame creates a deep sense that I am unloved and unaccepted because of something I've done, something done to me, or something associated with me. We are all broken, yet we are pursued by King Jesus; at Jesus' table, our sin is covered and our shame is gone.

**TALK IT OVER (DISCUSS ONE OR MORE):**

If you declare with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. Romans 10:9-10 (NIV)

What does it mean that I belong because I believe, not because I behave? Talk about a time when it took courage to believe that you are accepted and loved by Jesus apart from your performance.

Respond to the statement: Justified means it's just as if I have never sinned.

Why is it hard for people to accept that Jesus accepts us as we are? That He wants to restore what sin and shame have destroyed?

Read Romans 10:11 How would you explain to someone that because you believe in Jesus, you will never be put to shame?

End your time in prayer; asking God to help you understand the freedom that is yours.

***OTHER SCRIPTURES TO READ:***

- Joel 2:25
- Romans 2:4
- Romans 10:12-13
- Revelation 3:20