

# my bad

## **GUILT & SHAME**

**SUNDAY, MAY 12, 2019**

**KEY SCRIPTURE** | John 8:1–11

### **DISCUSSION GUIDE**

As we discussed this past Sunday, guilt and shame are very different. We noted that guilt can be a healthy and productive response. Unfortunately, shame is almost always destructive. Shame has consequences and they almost always drive us further away from others and, more significantly, further away from God.

In this week's group time, you'll get to discuss these ideas but also, hopefully, you'll get to talk about them on a personal level. It's important to be aware of and repent of ways in which we contribute to other's shame. It's also important to acknowledge if and where we experience our own shame.

My prayer is that this will be healing for the church and individuals alike!

### **QUESTIONS**

1. Think back to Sunday's message. What do you remember? Review your notes if you have them. Talk with your group about anything you found memorable or confusing.
2. As a group, recall the definitions that were laid out for both guilt and shame. What were your thoughts regarding these definitions?
3. How did you feel about the idea that guilt is most often a positive event?
4. What are your thoughts on the destructive nature of shame? Have you seen it in church or any other setting? Describe what you saw.
5. Did anything stand out to you from the passage read in John chapter 8?
6. Have you ever been in a situation where you felt that you were being shamed intentionally? If comfortable, share with your group. How did it make you feel? How did you respond? Did you miss out on anything?
7. As a group, come up with ways that we can come around those who might be feeling shame for one reason or another. Specifically, what actions can the church take to be a safe place.
8. What will be your takeaway from this week's message and discussion?

### **THE BIG "SO WHAT?"**

Shame is no roadblock for God.

### **CHALLENGE**

This week take one step forward.

