

Ghosts of Christmas Past ~ Week 2

Shame

Think back to the message. What sticks out?

Key Scriptures

“Fear not; you will no longer live in shame. Don’t be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth ...” Isaiah 54:4 NLT

If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 NIV

Then the LORD said to Joshua, “Today I have rolled away the shame of your slavery in Egypt.” Josh 5:9 NLT

Key Points

- Are you still believing you are something that God says you are not?
- The only way to heal from shame is to move the focus from what I’m not to who Christ is.
- I am not _____. Because of Christ I am _____.

More Scripture

Revelation 21:4, Micah 7:19, Psalm 103:8-12, John 8:36

Start talking. Find a conversation starter for your group.

- Did you ever steal anything, cheat, or get in some serious trouble as a kid? How’d that go?
- What’s your favorite Christmas tradition?

Start thinking. Ask questions to get your group thinking.

- Do you think shame makes you most vulnerable to perfectionism, criticism of others, or self-defeating thoughts?
- What is something that’s true about Christ and your relationship with Him that defeats your shame-based thinking?

Start sharing. Choose questions that create openness.

- We described shame as thinking, “I did bad, so I am bad.” What’s your first memory of feeling this way?
- What does your shame-based thinking sound like? What can you do to change it?
- Have you ever been shamed by someone or a situation? What was the lie you believed? What is the truth about you?
- How will you break off shame in yourself, others, your parenting, and your relationships this week?

Start praying. Be bold, and pray with power.

- Heavenly Father, You see through the shame we carry and the ways we try to cover it up. And despite it all, You love us deeply. Will You break off shame and replace it with the truth of what Your Son, Jesus, did for us? Amen.

Start doing. Commit to a step and live it out this week.

- Fill in the blanks with your new shame-free identity. I am no longer _____. Because of Christ, I am _____.
- When shame-based thinking starts up this week, use the sentences above, and the truth of Scripture, to fight back.