

Breaking Free From Guilt And Shame

An invitation to success and celebration:

John 4:27-42

God's will for us is to have an **IMPACT** on the **LOST**.

Obedying God's will brings about:

REWARDS

ETERNAL CONSEQUENCES

CELEBRATION

The irony is that it is our **LIVES**
that keep us from sharing our **LIVES**.

Our past will be Satan's **GREATEST WEAPON** against us,
or God's most **POWERFUL TOOL** for us.

Not dealing with our **PAST** will rob us of our **FUTURE**.

Defeating guilt and shame:

John 4:27-42, 1 John 3:1, John 1:12-13, Galatians 4:4-7, Romans 5:8-17, 8:14-17,
Ephesians 1:1-14, Psalm 139

The battle is fought between two truths:

The truth about how **I SEE MYSELF**,
and the truth about how **GOD SEES ME**.

We can only **WALK** in **ONE** of those **TRUTHS**.

We get to choose **GUILT** or **GRACE**.

Breaking Free From Guilt And Shame

An invitation to success and celebration:

John 4:27-42

God's will for us is to have an _____ on the _____.

Obedying God's will brings about:

The irony is that it is our _____
that keep us from sharing our _____.

Our past will be Satan's _____ against us,
or God's most _____ for us.

Not dealing with our _____ will rob us of our _____.

Defeating guilt and shame:

John 4:27-42, 1 John 3:1, John 1:12-13, Galatians 4:4-7, Romans 5:8-17, 8:14-17,
Ephesians 1:1-14, Psalm 139

The battle is fought between two truths:

The truth about how _____,
and the truth about how _____.

We can only _____ in _____ of those _____.

We get to choose _____ or _____.

Life Group Study Questions

For the week of March 5, 2023

QUICK REVIEW

This weekend we heard an incredible message about a woman whose most horrifying shame was brought to light and redeemed. Was there anything you heard for the first time or something that caught your attention, challenged or confused you?

MY STORY

1. Do you have an embarrassing story that, when it happened, was horrifying but you laugh about and share openly now?
2. Guilt and shame are identity thieves. Do you have a story from your life or a friend or family member whose identity was stolen, and what happened?

DIGGING DEEPER

This weekend we looked further into the story of Jesus with the woman at the well. Chris took us into a deeper understanding of the freedom offered to us as Christians from the guilt and shame we carry with us through life. We will explore two passages written by two different men who experienced freedom from shame that could have haunted them throughout their lives but instead chose to trust in God's redemption of them.

1. King David was a man who lived a shame-filled life in many ways, yet we see he was also a man who understood God's grace and mercy. As we read through Psalm 25, David makes it clear that a relationship with God is a two-way street. Write down what David agrees to do and what God agrees to do.

Psalm 25 New International Version (NIV)

¹In you, LORD my God, I put my trust.²I trust in you; do not let me be put to shame, nor let my enemies triumph over me.³No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.⁴Show me your ways, LORD, teach me your paths.⁵Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.⁶Remember, LORD, your great mercy and love, for they are from of old.⁷Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, LORD, are good.⁸Good and upright is the LORD; therefore he instructs sinners in his ways.⁹He guides the humble in what is right and teaches them his way.¹⁰All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant.¹¹For the sake of your name, LORD, forgive my iniquity, though it is great.¹²Who, then, are those who fear the LORD? He will instruct them in the ways they should choose.¹³They will spend their days in prosperity, and their descendants will inherit the land.¹⁴The LORD confides in those who fear him; he makes his covenant known to them.¹⁵My eyes are ever on the LORD, for only he will release my feet from the snare.¹⁶Turn to me and be gracious to me, for I am lonely and afflicted.¹⁷Relieve the troubles of my heart and free me from my anguish.¹⁸Look on my affliction and my distress and take away all my sins.¹⁹See how numerous are my enemies and how fiercely they hate me!²⁰Guard my life and rescue me; do not let me be put to shame, for I take refuge in you.²¹May integrity and uprightness protect me, because my hope, LORD, is in you.²²Deliver Israel, O God, from all their troubles!

God agrees to:

David agrees to:

Of the list that God agrees to do, which one or two spoke to you most about how God handles your past shame? Why were they significant to you over other things?

Psalms 25 is a poem that David wrote trusting in God's love for him despite his felt shame. If you were to write about God's perspective of you, what five words would you make sure to include? Why?

2. Peter was a disciple who followed Jesus for three years, then denied ever knowing Him as He went to the cross, but Jesus went to him and not only forgave him but also freed him from his shame. This weekend we were challenged not to believe what our past says about us, but what God says about us now. As you read what Peter wrote to fellow Christians in 1 Peter 2:9-10, circle what God promises those who trust in Jesus.

1 Peter 2:9-10 New International Version (NIV)

⁹ But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

We all deal with shame and guilt differently, but God makes it clear that those who trust in Christ will never be put to shame. One of the ways this becomes clear is not by focusing on who we were but who we now are. Which new description of you from 1 Peter 2:9-10, if you trust in Christ, brings you the most comfort? Why?

One term that points us toward a new way of living in the passage above is "a royal priesthood". A priest is someone who represents to others the awesomeness of God. When you think about living as a priest, how do you think it could play out?

What are some ways you think we overcomplicate what it means to live as a priest? In what ways do we not take it seriously enough?

TAKING IT HOME

How has this week's sermon or Life Group discussion strengthened and affirmed your understanding of your new identity in Christ?

PRAYER REQUESTS

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On April 29 & 30, the Church is leaving the building! Mark your calendars and sign up to serve with your Life Group! Scan QR code or go to northcoastchurch.com.

