

LET IT GO



PART II: LETTING GO OF SHAME

ICEBREAKER | Let's start this small group session by sharing **ONE** funny/embarassing fact about yourself!

INTRODUCTION | There are certain things in life we hang onto that God wants us to let go of. Things that hurt us rather than help us. Things that don't move us towards God's best. If we don't learn how to let go of these harmful things so that we can open our arms and embrace the things of heaven, there's no way we can live the lives God intends for us. One of the things we need to learn to let go of is *shame*. Shame is something deeply embedded into every human being. There isn't a person on the planet who doesn't struggle with shame in some way. We can feel shame for a lot of different reasons including bad grades, physical appearance, poor decisions in the past, and so many more.

DISCUSSION QUESTION #1 | What is **ONE** thing you've felt deeply ashamed of in the past? Share with your group.

Although we've all struggled with our fair share of shame at some point, the good news is that shame is never something that God intended for us to carry in our lives. You'll never find a verse in the Bible that says it is good to have shame. On the contrary, God wants to remove the shame from our lives! He proved this when He sent His Son, Jesus Christ, to cover all of our sin and all of our shame.

DISCUSSION QUESTION #2 | What there ever a time when you thought that it was impossible to live a shame-free life? Share with your group.

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Read the following scripture: *"As Scripture says, 'Anyone who believes in Him will never be put to shame.'"*

(Romans 10:11)

This scripture confirms for us the promise that God sent His Son, Jesus, to remove the sin and shame from our lives. However, in order to access this clean slate in Christ, we must learn to fully receive it. Unfortunately, the devil will use our flesh and our thoughts into making us think that we are unable to live a shame-free life in Christ. This often results in being reminded of our past mistakes, or running and hiding when we fail.

DISCUSSION QUESTION #3 | What is your initial reaction when you make a mistake? Share with your group.

When we make mistakes, it's important that we don't run away from God and try to hide it. Instead, we should run to God. Read the scripture below:

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."

(Acts 3:29)

The Bible tells us to repent. In other words, don't keep doing the same thing. Instead, we should receive God's forgiveness and mercy and turn away from our sinful ways. While the devil will remind us of past mistakes and try to convince us to live life in regrets, we must remind ourselves that the moment we asked God to forgive us, He forgave us, for good.

ACTION STEPS

In this small group session, we learned that while the devil will try to fill our minds and hearts with shame, God has a plan to remove all sin and shame from our lives.

This week, commit to the following action steps:

- Commit to attending the final Sunday of our "Let It Go" Series
- Pray about and consider participating in our upcoming Church-wide 3-Day Fast (January 27-30, 2019)
- Memorize Romans 10:11: *"As Scripture says, 'Anyone who believes in Him will never be put to shame.'"*
- Thank God for His forgiveness and for removing the shame in your life