



**Genesis 2:25** - The man and woman were both naked, and they felt no shame.

**Genesis 3:7** - Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

**Genesis 3:8** - Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.

**Genesis 3:21** - The Lord God made garments of skin for Adam and his wife and he clothed them.

**Hebrews 12:2** - Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, **scorning its shame** and sat down at the right hand of the throne of God.

**2 Corinthians 7:10** - Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

## Icebreaker

Share a funny embarrassing moment story.

## Conversation Starters

1. Alice talked about a time when she felt shame. Do you have a story you would feel comfortable sharing with the group? Can you describe how shame felt in your body, too?
2. Have you ever heard the Creation story unpacked in the way Alice did in this teaching? That Adam and Eve started life with no shame? But after sin came into the picture, shame was the first emotion on the scene? What do you make of the truth that shame is both “ancient and universal?”
3. Why is it important to make distinctions between shame and guilt? Read 2 Cor. 7:10 above.
  - a. **Guilt** is about something we do. It brings godly sorrow. Guilt we can take responsibility for, we can ask for forgiveness, we can be set free.
  - b. **Shame** tends to be shapeless, it morphs quickly into something we can't get our arms around, it feels unfixable, like there is nothing we can do to make it go away. Shame is a liar, or at least a bearer of dark half-truths. Shame accuses us, convinces us we are broken, and then tells us to hide, before we are *discovered*, and then rejected. Shame makes us feel isolated and alone; the perfect breeding ground for shame to grow.
4. Adam and Eve tried to cover their shame with fig leaves. What do we tend to do to “cover our shame?”
5. Shame has a story. What kind of story did your family live in growing up? Give some examples.
  - a. What kind of story are you wanting your current family to live in? How is that going?
  - b. Why do you think it is so hard to counteract the shame story in this world?
6. Shame has only one antidote ... Have you ever thought of the fact that Jesus not only carried

our sin to the cross, but our shame also? Why do you think that is the case? Why did BOTH sin and shame have to be dealt with by God the Son?

7. What does it mean to you that your shame has been dealt with on the cross? That God himself covers you? What puzzles or intrigues you about this?
8. What would it look like to live free of shame? Is it even possible?
9. What does the voice of shame sound like in your head? What issues does it tend to focus on for you? How could you counteract it?