



THE
STRUGGLE
IS REAL

DISCUSSION GUIDE
Week 5: 10/12 - 10/13

DISCUSSION QUESTIONS

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Watch: <https://youtu.be/-PZnzb4CxrE?t=1725>

1. What is your earliest memory of experiencing shame? Do you remember what you felt and how you attempted to deal with that feeling?
2. What is the difference between *guilt* and *shame*? Share about a recent time when you experienced one of those feelings. [Guilt = “I did something bad.” Shame = “I am bad.”] Is there an appropriate place for the experience of guilt in our lives? [Yes! God uses guilt to convict us of sin. But he never shames--shame is never a message from God.]
3. **Read aloud Genesis 3:1-13.** Adam and Eve use fig leaves as an attempt to hide their shame. What are the things you tend to use to cover up shame (present or past)?

Tim said “numbing” is our number one response to shame. In what ways do you see this played out in your own life or the lives of those around you? [debt/living beyond our means, addiction, hedonism, pursuit of achievement/success, etc.]
4. Brene Brown was quoted as describing shame this way: “The swampland of the soul, and the fear of connection.” In your experience, how is shame linked to a fear of connection?
5. Tim said, “Shame is believing certain scripts in our lives that often go all the way back to our childhood.” We often tend to fixate on one message about who we are.
Were you able to identify one recurring message of shame you consistently wrestle with? If so, would you be willing to share that with the group? What have been the influences in shaping that narrative?
6. When have you felt like Peter: shameful and disqualified for effective ministry? How did Jesus pursue you in your season of shame? What verses/truths did God use to remind you of his unconditional love for you? - *OR* - How have you experienced Jesus bringing you freedom from shame? Try to be as specific as possible.
7. If you are a believer, you have been entrusted with the ministry of reconciliation (2 Cor 5:16-21). In light of the fact that shame is a universal experience, how should that inform the way we minister to others as ministers of reconciliation? Try to be specific. How should we interact with unbelievers in our lives? How should we interact with each other (as a group)?

Have a question about something you heard in the message or that came up in your discussion? Have a related topic you'd like to see addressed in the **Series Followup Panel Discussion, Tuesday, October 15th at 7pm?** Email Caleb Eissler: ceissler@pleasantvalley.org