

Behind the Curtain - Made Clean

Weekend Discussion Questions

February 13-14, 2016

Community:

1. Tell the group about a time when you were growing up and you got caught doing something you weren't allowed to do. What did you do next? Did you try to lie about it? Did you try to make excuses? Were you punished for it?

Core:

1. (As we talk through today's topic, know that we are dealing with sensitive issues. Know that if you don't feel comfortable sharing, you can always pass to the next person.) Think back: when was the first time you felt shame? What did you do next in light of those feelings?
2. Scott Nickell said that our shame comes from three places: "In the things we've done; In the things we did not do; In the things done to us." How have you seen that to be true in our culture?
3. Scott said that for women, shame oftentimes comes around appearance, and for men, shame oftentimes comes from performance. Shame tells us, "You aren't enough." Do you agree or disagree? Why?
4. **Read 1 John 1:7-9.** What do you think John means when he writes that if we say we have no sin, the truth is not in us?
5. **Read Hebrews 12:1-3.** How does fixing our eyes on Jesus help us not continue to walk in shame?

Challenge:

1. **Read Proverbs 28:13.** Scott said that, when it comes to our shame, we have a simple choice: conceal or confess. What are the risks associated with confessing? What are the risks associated with continuing to conceal the shame?
2. Confessing takes a tremendous amount of courage. Don't worry, we're not leading into a time of confession...but at the same time, maybe for the first time you've realized you need to confess your shame to someone. If someone in the group is planning to confess to someone, take some time to pray for strength and courage for that person.