

## Shame and Guilt (Luke 19:1-9)

### Memory Verse:

“For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile.” (Romans 1:16, NLT)

### I. What happens when I feel shame?

- A. We isolate from \_\_\_\_\_. (Gen 2:25, 3:8-9).
- B. We isolate from \_\_\_\_\_.
- C. We shame others because of our insecurities. (1 Peter 4:3-5)
- D. We become distracted from the current moment we are in.
- E. We have a fake sense that if others discover the real us they will not like us.
- F. We put on a façade that we think people will like instead of being ourselves.

### II. Where is God when I feel guilt and shame for something I have done wrong?

- A. God lovingly exposes our guilt and shame with His presence and speaks truth to our hearts (1 John 1:5, 9).
- B. Gods gives us the choice to live in the light or walk in darkness. (1 John 1:7).

### III. What is the cure for shame and guilt?

- A. \_\_\_\_\_ before God because we can cast our anxieties upon Christ and seek change in our life. (1 Peter 5:7)
- B. “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” (James 5:16, NLT)
- C. Remind \_\_\_\_\_ that we are saved by grace through faith (Eph 2:8-9).
- D. Living \_\_\_\_\_ of the gospel of grace and sharing this hope with others bodily (Acts 20:24).
- E. Trust that God’s perfect love casts out our fear and shame (1 John 4:18).

### Next Steps:

1. Think about your shame. Have you turned to Christ to seek his help and guidance in the midst of the lies of shame?
2. Think about the shame in the lives of those around you are. Are you building a place of affirmation or shame?
3. Do you have friends around you that can help you decipher the lies of shame in your life and pray for you on your journey with Christ?