

Secrets “Jesus Hears My Confessions”

Key Points

1. Satan’s shameful cycle:

- You experience something deeply painful.
- You connect what happened with who your are.
- You become a prisoner tormented by your past.

2. Breaking Free:

- You can’t change the past.
- Christ can change your future.

Root of Shame: connecting external conditions with internal self-worth. Shame causes one to hide from God and paralyzes them with fear and self contempt. It drains us of energy and leads us to withdrawal from others. Shame vocalizes the core questions, “*How can God love me as I am?*”

1. Read about the roots of shame in Genesis 1:27, 31; 2:25; 3:5-10; 21.

- Why do you think Adam and Eve tried to hide their nakedness? How did they see themselves after they sinned? What were they afraid God would do?
- Of what were Adam and Eve guilty? Unresolved guilt leads to shame. What did God do about their guilt? What is God’s remedy for our guilt?

2. Read about God’s remedy for guilt and shame: Romans 6:6; Titus 3:5-7; Hebrews 10:14; 12:23b; Colossians 3:3-4.

- By what did God save us (Titus 3:5)? In other words, what did God change in us when we received Christ?
- Since God no longer evaluates us based on our behavior (works), on what then are we to base our sense of identity and worth?
- What aspect of who we are has been made new and perfect?

3. Change how you think: Proverbs 23:7a; Romans 12:1-2; 2 Cor. 10:3-5.

- Our beliefs about ourselves don’t automatically change. What is our part in renewing our minds?
- Why is it impossible to permanently change our behavior without changing our thinking?
- Who is ultimately behind our wrong beliefs that produce shame? What are our spiritual weapons to combat this enemy?

4. Change how you see yourself: 1 Cor. 6:9-11, 17; 2 Cor. 5:16-17; Eph. 4:22-24; and 1 Peter 2:6; 4:15-16.

- Before Christ, our behavior reveals our inner condition or nature (spiritually dead to God). Now that we are in Christ, what is the basis of our true identity?
- I still struggle with _____ but I am not a _____. In Christ I am _____.
- What are we told to put off? How does holding on to our old shame-based identity keep us from experiencing our new identity in Christ?
- How does being “one-spirit” with Christ affect our identity and self-worth?
- What does it mean to no longer judge someone (or ourselves) by the flesh?

What are you hiding that causes you shame? What memories from your past cause you to feel ashamed (that you are a bad person or that something is wrong with you?) How has this affected your identity and sense of worth?

Do you know someone who struggles with shame, and how can you encourage him/her to believe what God says about him/her?

How has God healed you of shame? What produced the shame and what did God reveal to you that changed how you see yourself?

What shame-based thoughts do you need to recognize and take captive? What truth about your new identity will you renew your mind with this week?