

Kingdom Emotions: Shame
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Reflection & Discussion Questions

Shame is one of the most powerful human emotions

Its power lies in its ability to remain unseen.

- *How does the emotion of shame 'hide' in our lives?
- *How does shame have the capacity to motivate behavior?

Shame is the feeling that there is something wrong with me and is rooted in half-truths

Read and discuss Genesis 3:1-9 (NIV)

3 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'"

2 The woman said to the serpent, "We may eat fruit from the trees in the garden, ³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

4 "You will not certainly die," the serpent said to the woman. **5** "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. **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. **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. **9** But the Lord God called to the man, "Where are you?"

- *How does the serpent introduce shame in this passage? What do we understand about shame here?
- *How does shame differ from guilt?
- *What is God's response to our shame?

Shame motivates us to hide by:

- Trying to work and perform our way out of it
- Trying to numb it
- Trying to deflect or use others to quiet it

- *Where have you been motivated to hide from shame with one of these tactics?
- *How do you see contempt at the core of these responses?

Shame really only responds to Truth and Grace

Read and discuss Genesis 3:21

21 The Lord God made garments of skin for Adam and his wife and clothed them

Think of a time you recently felt shame –

- *What is the story you are telling yourself about yourself? What half-truths are you believing? What 'fig leaves' are you using to hide?
- *What story has sin or broken relationships convinced you to believe?
- *What is the story God tells about you? What grace and kindness does he want to cover you with?
- *Is there a time his truth and grace has led you out of shame?
- *Where is the Spirit asking you to fight shame within yourself?