

SMALL GROUP QUESTIONS

OVERCOME: GUILT AND SHAME

Jeff Sanders | Luke 7:36-50 | May 20, 2018

OVERCOME: Guilt and Shame - May 20, 2018 - Jeff Sanders

QUICK REVIEW

1. As you consider this week's worship gathering, was there anything you heard for the first time or that caught your attention, challenged, or confused you? It could have been through a song, the sermon, another person, or an experience.

MIXER

2. What is one of the most memorable examples of guilt or shame you have seen in the media?

MY STORY

3. Describe a time when you felt guilt or shame. What were the circumstances, and how did you deal with it?

DIGGING DEEPER

4. Considering guilt as a legal term and shame as an emotion, what makes us feel guilty or ashamed?
5. Read aloud Romans 3:23. What does the passage say about every person's guilt before God? What are some examples of sins for which people are guilty before God?
6. Read Romans 2:14-15. Why might non-Christians feel guilt or shame?
7. Read Luke 7:36-39. The Pharisee didn't recognize who Jesus is; the woman did. Who is Jesus to you?
8. What did the woman's actions indicate about her heart?
9. Read Luke 7:40-50. Based on the woman's heart, how did Jesus respond?

TAKING IT HOME (APPLICATION)

10. Considering this story, I John 1:9, and Revelation 3:19, how can we overcome guilt and shame? (The Greek indicates that "repent" means to change the mind; it involves regret or sorrow accompanied by a true change of heart before God.)
11. What would you say to a believer who struggles with accepting God's forgiveness for a specific sin?

The fact is that we are each **guilty** and full of **shame**.

Rom 3:23; I Jn 1:8, 10;
Gen 3:6-13

Step #1 **Accept** WHO Jesus is - **Humble Contrition**.
Do you know who He is?

Lk 7:36-39;
Col 1:15-18

Step #2 **Acknowledge** your sin. - **Honest Confession**.
Do I really know what I have done?

Lk 7:38; II Cor 7:10-11;
Js 5:16

Step #3 **Apply** HIS forgiveness - **Holistic Comfort**.
Do I know what Jesus did for me?

Lk 7:40-50; I Jn 1:9;
Phil 2:6-11

The fact is, we can receive **forgiveness** from our guilt AND **restoration** from our shame.

Rom 8:1-2

Step #4 **Assume** HIS Honor - **Holy Confidence**.
How can I go on? How you can live now!