



Part Four: No More Shame // Carey Nieuwhof //

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Your desire to blame is an attempt to cover your shame. And there's a lot of shame circulating these days. Most people believe you can't be fully known and fully loved, so they hide and try to make themselves look better so people won't judge them. Jesus comes along with a message of radical acceptance that turned the ancient world—and this world—upside down.

Scripture: [Genesis 3:8-19](#) NLT / [Luke 15: 11-24](#) NLT

Bottom Line: Jesus removes your shame and restores your true identity.

Getting Started:

1. Describe an embarrassing moment. Why do you think it was so embarrassing?

Jumping In:

2. Genesis 3 is a story of hiding and covering. What parts of your life have you been tempted to cover and hide? Why?
3. How do you think shame leads to blame in your life?
4. Carey shared that "The more secular culture becomes, the harder it becomes to escape shame and blame." What were your first reactions or responses to this? Discuss.

Discuss:

5. Carey said culture without God is defined by these three characteristics. How have you seen these at work in your life or the lives of others?
 - a. Despair: Sin without redemption.
 - b. Self-loathing: Confession without forgiveness.
 - c. Anxiety: Knowledge without hope or direction.
6. Read Luke 15: 11-24. In what ways is this a story in which both the father and son would have much to be ashamed of?
7. How do you think the father felt when the son left?

8. How do you think the son felt when he hit rock bottom?
9. How would this story be different if the father and son had let shame and blame dictate the narrative?
10. The father's response shows people that they can be fully known and fully loved. How is this truth starting to sink into your world?
 - a. Hope: Sin with redemption.
 - b. Joy: Confession with forgiveness.
 - c. Peace: Knowledge with hope.
11. How does Jesus take away your shame and restore your true identity?
12. Moving forward, what do you need to do to make sure shame doesn't drive you?

Moving Forward:

So much of the crisis you feel in life can be traced back to unresolved shame. If you haven't yet asked Jesus to be your Saviour, this is a very good time to do it. And if you are a Christian, but find yourself still struggling with shame, follow the son's lead in the prodigal son story and trust Jesus' embrace. He takes away your shame and restores your true identity—a son or daughter of God.

Changing Your Mind:

"But his father said to the servants, 'Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. And kill the calf we have been fattening. We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began." Luke 15: 22-24 NLT