

For more resources check Pastor Alan's website:

[www.SharingTheLight.org](http://www.SharingTheLight.org)

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## SHAME OFF YOU FOLLOW-UP GROUP

Session 1:

### The Difference Between Shame and Conviction

-- how to know which one you are listening to --

*"It is important to despise our sin in order to run to God. But the process is not shame, it's what the Bible calls conviction."*

# The Difference Between Shame and Conviction

## A. What to Expect

1. Class Structure
  - Teaching and Scripture
  - Question and Answer
  - Breakout Groups
2. Underlying Beliefs
  - Everything written in the Scriptures is true and is exactly what God wants us to know.
  - God is loving and desires a living, ongoing relationship with each of us.
  - The only way to have a relationship with God is through Jesus Christ.
3. Points of Courtesy
  - What is shared in the group stays in the group.
  - We will not demean others with our words or actions.
  - For those of us who have kids in the nursery we will end at 7:45. Therefore we will also start on-time at 6:30.

## B. Our Background

## C. Shame v. Conviction

## JOHN 10: 1 – 10

1. Who are the characters of this passage?
2. How does Jesus characterize Himself?
3. How is Jesus different from the thief?
4. How do we know the shepherd's voice?
5. How do we listen?

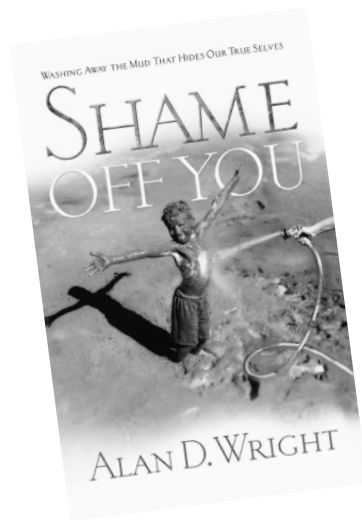
*“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*  
– 2 Corinthians 7:10

## D. Questions

1. Is there ever any truth in shameful guilt?
- 2.
- 3.

## E. Conclusion

- Reading for next week:
  1. Workbook: page 16 – 17
  2. Book: Chapter 2



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## SHAME OFF YOU FOLLOW-UP GROUP

Session 2:

How to Break  
the Lies of Shame

-- *and replace them with what God says about you* --

*"We act out what we believe.  
Not what we know."*

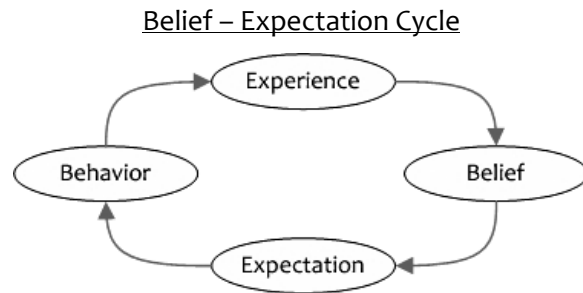
-- Vickie Arruda

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# How to Break the Lies of Shame

## A. Introduction

## B. The Lies of Shame



JOHN 8: 44 - 46 & 31 - 32

1. Can Jesus lie?
2. Why don't we believe Him?
3. What is the importance of truth?

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."  
– 2 Corinthians 10:5*

## C. Breaking the Lies

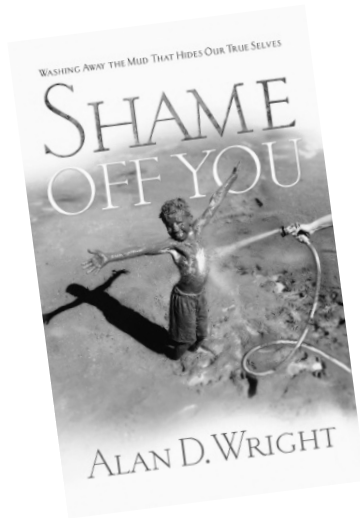
1. I confess my sin of believing the lie that \_\_\_\_\_.
2. I forgive those who contributed to my forming this lie.
3. I ask You, Lord, to forgive me for receiving this lie, for living my life based on it, and for any way I have judged others because of it.
4. Thank You for Your forgiveness. I choose to also forgive myself.
5. In the name of Jesus, I renounce and break my agreement with this lie. I break and cancel any agreements I have made with the enemy because of this lie.
6. I choose to accept, believe, and receive the truth that \_\_\_\_\_.

## D. Questions

1. How is this different than just positive thinking?
- 2.
- 3.

## E. Conclusion

- Reading for next week:
  1. Workbook: page 49 – 55
  2. Book: Chapter 4



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## SHAME OFF YOU FOLLOW-UP GROUP

Session 3:

The Problem with  
Inner Vows

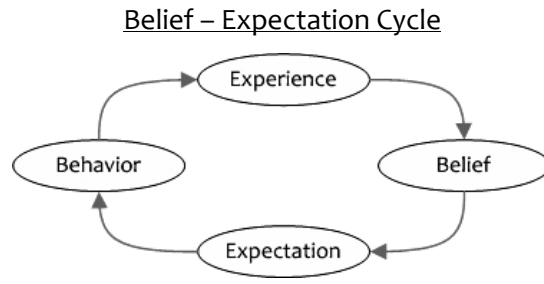
*-- why they are keeping you from God --*

*“The only thing that can keep us from knowing God is our decision to hide from Him. The only thing that can keep us from the cleansing stream of God’s mercy is our decision to hide from ourselves.”*

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## The Problem with Inner Vows

### A. Inner Vows



JOHN 13: 37 – 38; 18: 10 – 11; 25 – 26; 21: 18 – 19

1. Wasn't Peter's statement good?
2. Why did Jesus stop Peter?
3. How can Peter so quickly deny Jesus?
4. How did Jesus reinstate Peter?

### B. Pastor Alan

*"Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil." – James 4: 13 – 15*

### C. Breaking the Vows

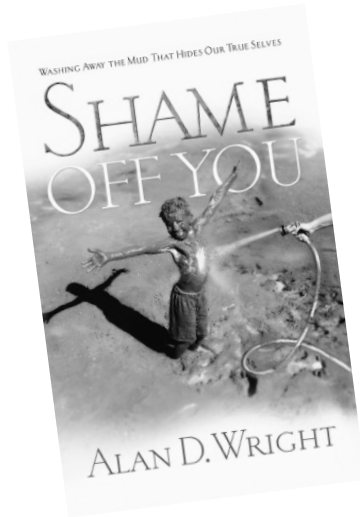
1. I confess my sin of forming the vow that says \_\_\_\_\_.
2. I forgive those who contributed to my forming this vow.
3. I ask You, Lord, to forgive me for making this vow, for living my life based on it, and for any way I have judged others because of it.
4. Thank you for Your forgiveness. I choose to also forgive myself.
5. In the name of Jesus, I renounce and break my agreement with this inner vow. I break and cancel any agreements I have made with the enemy because of this vow.
6. I choose to accept, believe, and receive the truth that \_\_\_\_\_.

### D. Questions

1. How do we stop sinning without making commitments to stop?
- 2.
- 3.

### E. Conclusion

- Reading for next week:
  1. Workbook: page 97
  2. Book: Chapter 7



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## SHAME OFF YOU FOLLOW-UP GROUP

### Session 4: The Bearer of Our Shame

*-- and how we look for other ways to unload it --*

*“Most Christians have received the gift of Christ as payment for their sins but have not received [Him] as the bearer of their shame. ... It explains why Christians, who are free from the law, are still trying to earn their way into heaven they already been promised.”*

## The Bearer of Our Shame

### A. Introduction

### B. Escape for the Scapegoat

Scapegoat: takes on the sin of others

### C. Establishing Healthy Boundaries

Boundaries: are not walls that keep people out, but are markers to show what is yours and what is allowed to be shared.

JOHN 6: 1 – 15

1. Why does Jesus ask Philip this question?
2. How are Philip and Andrew's answers different?
3. How are they the same?
4. How do unhealthy boundaries hinder faith?

*"Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and then turn and tear you to pieces." – Matthew 7: 6*

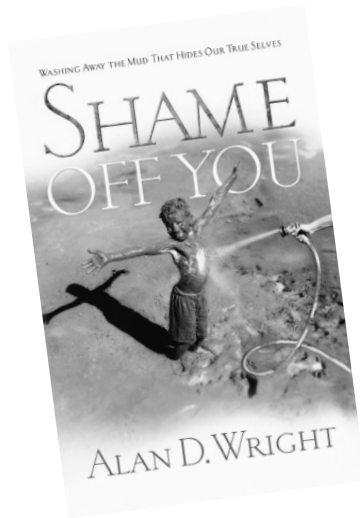
### D. Questions

1. What is the difference between godly surrender and living with unhealthy boundaries?
- 2.
- 3.

### E. Prayer

- Reading for next week:
  1. Workbook: page 141 – 143
  2. Book: Chapter 11





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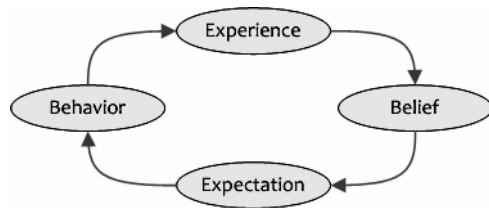
## SHAME OFF YOU FOLLOW-UP GROUP

Session 5:  
The View Above  
Our Shame  
*-- what does the Gospel truly offer --*

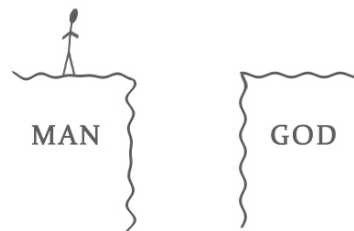
*Shame says I must do something in order to be blessed. The truth of the new covenant is nothing can keep me from the blessings of God except the deception that I must do something more in order to receive it.*

## The View Above Our Shame

### A. Introduction



### B. The Gospel of Jesus Christ

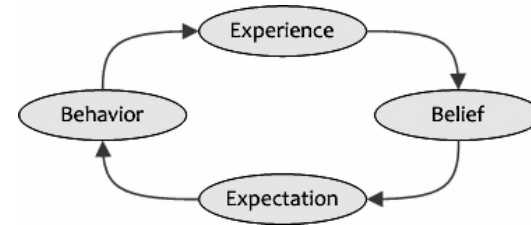


JOHN 14: 15 – 21

1. Does this passage say God's love is dependent on our obedience?
2. What is the relationship between love and obedience?
3. How do we live this out?

*"If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love." – John 15: 10*

### C. Bringing It Home



### D. Questions

1. How do we know if we are obeying God's commands out of obligation or out of love?
- 2.
- 3.

- Congratulations finishing the follow-up class!
- To go further:
  1. Go through the other inventory lists in the workbook.
  2. Contact us with any questions as you walk this out.