

Shame Off You (intro)

*“The same root of shame can manifest in different ways.
Discovering the roots of behavior is essential.”*

A. Class Dynamics

1. Authority of Scripture
 1. Everything written in the Scriptures is true and is exactly what God wants us to know.
2. Relational God
 2. God is loving and desires a living, ongoing relationship with each of us.
 3. The only way to have a relationship with God is through Jesus Christ.
3. Circle of Trust
 4. What is shared in the group stays in the group.
 5. We will not demean others with our words or actions.
4. Points of Courtesy
 6. While we encourage the sharing of personal prayer requests, please do not use it as a vehicle to gossip about other people. Please focus on immediate family.
 7. We want this to be an open group where people feel welcome. Therefore, since we will naturally gravitate to a group of friends, please continue to include others.
 8. We will end at 12:00, for those who need to get kids home for naps. Everyone is welcome to mingle afterwards as nursery will be provided until church ends at 12:30.

B. Introduction

1. What is shame?

C. Book Review

The world is filled with people under the weight of shame. Knowing you have to measure up in order to feel acceptable while knowing that you can't quite measure up leaves you with a gnawing anxiety that wreaks havoc in your soul. We might recognize them as lies, but since the shame feels true, we live out of them. Other people also put shame on us. It is a common motivator in today's world, and while it can get us to try harder, it never sets us free.

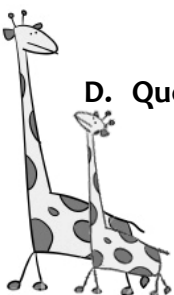


- a. No one will love me for who I am.
- b. If people knew the real me, they would reject me.
- c. I must isolate myself from others so I don't get hurt again.
- d. My value comes from what I do, not for who I am.
- e. Even when I give my best, it is not good enough.

2. How have you seen parents use shame to get kids to act?

D. Questions

- Suggested HW: Chapter 1 and checklist on page 32



Shame Off You (1)

*“God never uses shame to motivate us toward right living or excellence.
He never motivates us by withholding His love from us.”*

A. Introduction

1. What is the role of fear in parenting?

B. Book Review – Chapter 1



All the people who try hard do so for one of two reasons – they are fearful and looking for acceptance, or they’re fulfilled and looking to make a difference. This chapter starts with the story of the Iraqi soccer team being motivated by the fear of death. Is our fear motivating our success?

We want our kids to succeed in life. How are we going to best position them for this success? Most parents choose shame. Shame rules by fear but perfect love drives out all fear. We must learn the power of our words over our kids and over ourselves.

2. Why do loving parents use shame?

C. Bible Study

Genesis 2: 19 - 20

3. How do you see this passage relating to this chapter?
4. How does Adam relate with God?
5. Why is there power in our words?

*“Death and life are in the power of the tongue,
And those who love it will eat its fruit” – Proverbs 18:21*

D. Questions

6. What names have you given your children?
7. When do your children receive your praise?

- Suggested HW: Chapter 2 and Workbook page 16 – 24



Shame Off You (2)

*“What every child fears losing more than anything else
is a parent’s love.”*

A. Introduction

1. What were your take-aways from last week?
2. Has there been someone in your life who withheld love from you in order to get you to “run” harder?
 - Why do you think they withheld the love you deeply wanted?

B. Book Review – Chapter 2

Grace’s story reminds of the importance of parents in keeping shame from our kids. Divorce is abundant and tragic. Grace’s belief about herself is shared with children everywhere, “I was not good enough to make them stay together.” If our parents can stop loving each other, then they can stop loving us.

When the parents love for each other is strong, love seems secure. This is the type of love God has called us into. God does not need us in order to have something to love. Love exists very powerfully within the Trinity. We were created to share in their joy. In the same way, children are supposed to be an overflow of the love shared between married couple. Our kids need to know that our love for them is not dependant on them.



3. Why is our marriage important to our kids?

*<Spouse>, you are God’s perfect gift for me.
I choose to highly value how you complete me
and will seek to show you love in ways that are meaningful to you.*

C. Bible Study

Ephesians 5: 22 – 33

4. What is the profound mystery Paul talks about?
5. How can we have one flesh with God?
6. Why did God create marriage?
7. Why is our marriage important to our kids?

*“Then God said, “Let us make man in our image, in our likeness, ...
male and female he created them.” – Genesis 1:26 – 27*

D. Questions

8. How does Jesus use marriage in the Gospels?
 - Suggested HW: Chapter 3 and Workbook page 33 – 37



Shame Off You (3)

“The cycle of shame only can be broken when repentance replaces bitterness. Shame only can be healed when honor replaces dishonor.”

A. Introduction

1. What were your take-aways from last week?
2. What are ways you have laid down your life for your spouse?

B. Book Review – Chapter 3



No matter what degree of shame you have experienced, you have a chance to let go of judgement, bitterness, and unforgiveness. Healing comes not just from the acknowledgement of the pain, but the forgiveness you choose to give. Forgiving does not mean denying or excusing the shame you suffered, but rather means letting go of its hold on your heart. The issue is never the capacity to forgive, but whether you desire to forgive.

A child needs a place to express their wounds to find comfort and release their pain. When they don't have this – either by neglect, absent parent, or being a self-conscious child – they turn the pain inward not knowing how to release it. The child becomes embittered to the parent for both the offense and the lack of opportunity to be reconciled. Commonly this embitterness is accompanied by unspoken judgement. Love is not possible, at least not for long, without the healing work of forgiveness.

3. How do you get your child to ask for forgiveness?

C. Bible Study

Matthew 18: 21 – 35

4. What is Peter looking for with his question?
5. Why do we forgive?
6. What will God do to us if we don't forgive?
7. Who are the jailors?
8. Why would God allow this?

“If you forgive anyone, I also forgive him. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.” – 2 Corinthians 2:10 – 11

D. Questions

9. Who do you need to forgive?
- Suggested HW: Chapter 4 and Workbook page 46 – 56



Shame Off You (4)

“Only when the pain of the sting gets worse than the pain of the shame do people become willing to let their agony be known.”

A. Introduction

1. What were your take-aways from last week?

B. Book Review – Chapter 4

One of shame's greatest goals is to get you hiding from God. Fear of exposure leads us into hiding. In a shame-free relationship, every ounce of Adam and Eve's relationship went to exploring their future rather than covering their tracks. The humiliation and guilt of shame erode our self-esteem and breeds deviousness and manipulation as a means of not letting our self's to be exposed. Shame can only be healed once it is exposed.

Doesn't God already know us completely? Why then do we hide? We are afraid that he might expose it and shame us some more. We are afraid He may confirm our fears of rejection and unloveliness. God is not hiding from us; He wants to be known. He wants to heal us so we can experience the abundant life He is offering.



C. Bible Study

Ephesians 5: 8 – 14

2. What are the fruitless deeds of darkness?
3. Where do our deeds originate?
4. How do we expose more light?
5. What are the benefits of more light?



“Therefore, if your whole body is full of light, and no part of it dark, it will be completely lighted, as when the light of a lamp shines on you.” – Luke 11: 36

D. Questions

6. What are the benefits of exposing more light with another person?
7. How do we pull darkness from our children?

- Suggested HW: Chapter 5 and Workbook page 63 – 64



Shame Off You (5 – a)

“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”

A. Introduction

1. How would you pull the darkness from your son in this situation?
2. What were your take-aways from last week?

B. Book Review – Chapter 5 – a

True conviction comes not at the sound of God’s displeasure in us, but at the moment He turns the light on brightly enough for us to see our imperfections. His light does not expose us in anger but in love wanting us to correct the errors keeping us from more of Him. He exposes unhealed issues in our hearts, so we can bring them to Him for healing. Without the conviction of the Holy Spirit, we do not change and grow.

It is important to discern the voice of who is speaking to us. The voice of God, even when exposing sin, offers hope and life. The voice of the enemy comes to steal, kill and destroy. Even though the voice of the enemy may point out truth, it will create fear and lead away from God.

C. Bible Study

JOHN 10: 1 – 10

3. Who are the characters of this passage?
4. How does Jesus characterize Himself?
5. How is Jesus different from the thief?
6. How do we know the shepherd’s voice?
7. 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

8. Why is it important to teach our kids about the voice of God?
9. How will they learn?

- Suggested HW: [This week’s sermon](#) and workbook page 65 – 68



Shame Off You (5 – b)

“The entirety of the Gospel is an announcement that the dishonorable ones can be honored in the kingdom of God and become kings and queens who reign with Jesus Christ.”

A. Introduction

1. What were your take-aways from last week?
2. How do we keep shame from our kids?

B. Sermon Review ~ Chapter 5

Most of us have never been celebrated, and therefore we are not worthy of being celebrated. Shame is fortified in our lives by a lack of understanding that we were created with honor. In the parable of the prodigal son, would the older son have been so upset if he had ever been celebrated in such a way? Celebrations are a weapon against shame because they teach us that love is not earned but rather gifted to us. We will know we are worthy and have honor when we are told this is true.



Shame-based families seldom celebrate. As Christians we must overly celebrate – the Bible is full of celebrations. Without joy we tend to think Christianity is all about us getting better or more moral. Instead, it is all about glorifying God and enjoying him forever. We will never have more passion for God than what we understand He has for us.

C. Bible Study

NEHEMIAH 8: 5 – 6; 8 – 12; & 17 – 18

3. What just happened before these verses?
4. Why were they weeping?
5. Why were they told to celebrate?

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” – Proverbs 17: 22

“Do not grieve, for the joy of the LORD is your strength.” – Nehemiah 8: 10b

D. Questions

6. What activities have you started with your family to encourage celebration?
- Suggested HW: Chapter 6 and Workbook page 72 – 73, 82



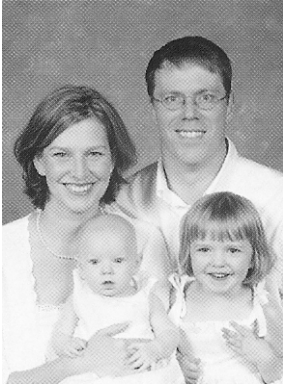
Shame Off You (6)

“Only as I begin to understand the vastness of the love Father God poured upon me by adopting me as His child, only then can I dream great dreams, resist temptations, accept lofty assignments, forgive those who hurt me, and bless the starving world.”

A. Introduction

1. What were your take-aways from last week?

B. Book Review – Chapter 6



There is no source of shame more fundamental in the world than the broken family. Whether the family is broken by divorce, death, or an emotionally absent parent, the effects are just as devastating. Children need to feel the comfort of their moms to be willing to open themselves up to others, and they need to experience the strength of their dads to call them into the challenges of life. Without the mother's influence a child build walls around the heart. Without the father's influence a child will take the easy way out when life gets hard.

If we cannot trust our parents to be there for us, then we think there must be something wrong with us. When we are not comfortable with ourselves, we are fearful of stepping up to be the people we were created to be. We think there is nothing in ourselves worthy of being known. The orphaned heart is forever responding to someone else's dream – either to defeat it or to co-opt it for personal gain. Shame keeps us from fulfilling the destiny we have been given by God.

2. Which parent did you grow up lacking?
mom, dad, both, or neither

C. Bible Study

ISAIAH 66: 11 – 13; PSALM 68: 5 – 6

3. What does a mother provide for her child?
4. How does God comfort us?
5. How is God like a father?
6. What is the overarching promise of God in these verses?

*“I will not leave you as orphans;
I will come to you.” – 1 John 3: 1*

D. Questions

7. From this discussion what are we to provide for our children?

- Suggested HW: Chapter 7 and Workbook page 97 – 98



Shame Off You (7)

“To reveal too much of my inward emotional life to my children with the hope that they will be a comfort to me is to violate the child.”

A. Introduction

1. What were your take-aways from last week?

B. Book Review – Chapter 7

The concept of large item pick-up is a great description of what unhealthy boundaries look like. Unhealthy boundaries put too much stuff by the curb and passersby assume they can help themselves. These things are our time, money, talents, sexuality, etc. It's all right for people to see into our lives and even to view some of the treasures inside. But, they have to know what's available and what's not.

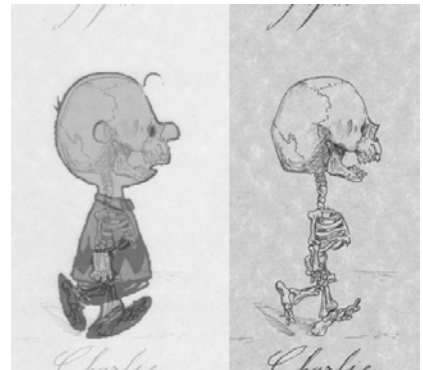
Lack of healthy boundaries means people put stuff on you as well. The scapegoat allows people to put shame on them. Why must it always be someone's fault? Because people need something to put their shame on. The greatest weapon of the scapegoat is to refuse isolation.

2. What are ways parents transfer their shame on children?

C. Bible Study

JOHN 6: 1 – 15

3. Why would Jesus ask us a question He already knows the answer?
4. What do you notice about Andrew's answer?
5. How are Philip and Andrew trying to answer Jesus?
6. How does this passage relate to chapter 7?
7. Who performed the miracle?
8. What can we do to please God?



“let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.” – Hebrews 10: 22

D. Questions

9. How can you tell a life of godly surrender and a person without clear boundaries?
10. How does all this relate to parenting?

- Suggested HW: Chapter 8 and Workbook page 101 – 102



Shame Off You (8)

“Shame escorts you down victory lane, ‘Sure, you’ve won, but so what? It’s still not enough. What if you lose next time?’”

A. Introduction

1. Would someone be willing to share what we discussed last week?

B. Book Review – Chapter 8

Elijah experiences a hands down victory over the predominant beliefs of his time. The crowds start shouting his name. Full of the spirit and probably mixed with his own excitement he outruns horses for twenty miles to Jerusalem. Instead of praise he is met with more threats of death. Feeling ashamed and defeated, Elijah thought solitude was what he needed most. He was wrong.

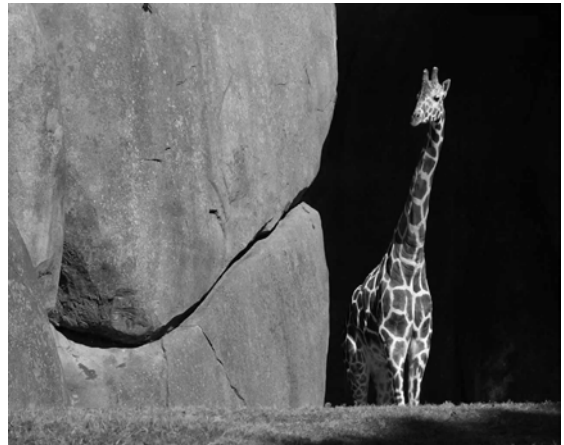
God’s answer for our shame is not personal success nor God’s pledge to take away our pain. God’s answer is, and always has been, to be with us in our pain, to bear our shame, and nourish us for the journey ahead. We do not overcome shame by focusing on our success. The effort to hide the truth of our inadequacies through the façade of success builds more walls around our hearts. Shame is overcome by walking with God.

2. When will shame be defeated?

C. Bible Study

LUKE 19: 41 – 44

3. Why was Jesus weeping?
4. Why do people not experience peace?
5. What are the roles of embankments?
6. How does our enemy set up embankments around us?
7. How can Jesus remove these embankments?



“Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.” – 2 Corinthians 1: 19

D. Questions

8. What do we do if our children do not want God’s help?

- Suggested HW (for the 29th): Chapter 9 and Workbook page 114, 117 – 119



Shame Off You (9)

“In our shame we don’t look at life like owners who are investing ourselves in a great dream, but more like slaves trying to escape further hurt.”

A. Introduction

1. Would someone be willing to share what Gwladys discussed last week?

B. Book Review – Chapter 9

There is no sin in wanting people to change; sin comes when we try to motivate people in the wrong way. This chapter discusses four ways to effectively get people to change.

1. We must begin with prayer because only God can change the heart.
2. We change a negative spirit by sowing the opposite spirit.
3. We enable positive change through the power of blessing.
4. We help others embrace responsibility by treating them as if they are owners, not slaves.

There is an inviolable law that what you sow you will reap. We must sow goodly behavior into our children – overcoming evil with good. The power of blessing builds on this truth. If our children are acting out, then we can know they are feeling unblessed and their “love tank” is not full. Therefore we affirm them as we discipline. We pour a positive blessing to correct the negative behavior.

*“Rachel, you are sweet, you are created to be a blessing to others.
That’s why we cannot allow you to talk badly of your sister...”*

2. What did you take away from the chapter?

C. Bible Study

JOHN 15: 9 – 17

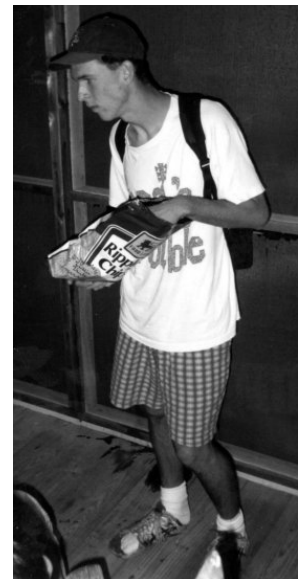
3. What are the benefits of obedience?
4. What is the difference between a servant and friend?
5. What is similar between a servant and friend?
6. How did Jesus encourage changed behavior?

“So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.” – Galatians 4: 7

D. Questions

7. What does it look like to have ownership over our children?
8. What are short-term goals for our children?
9. What are long-term goals for them?

- Suggested HW (for the 12th): Chapter 10 and Workbook page 131– 132



Shame Off You (10)

“Jesus was full of grace and truth. His body, the Church, is designed to be so full of Christ Himself that it too is full of grace and truth.”

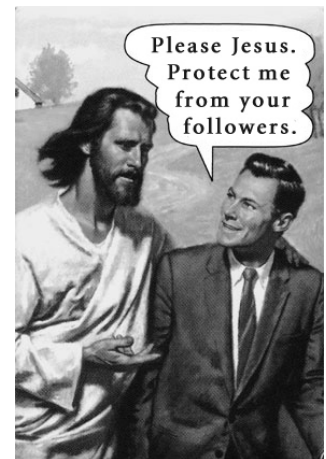
A. Introduction

1. What are some important concepts of how to change people?

B. Book Review – Chapter 10

We can work hard at developing a shame-free home life, but our children can get just as pressed down from the church. “You need to do this.” “You must forgive.” “You ought to act in such a way.” Whether it is the way we must dress or what words we need to use, the church has a culture to it, and if we want to fit in we have to learn that culture. This can be good or hurtful. Just because we may put our kids in the church nursery or take them to a Christian school, does not mean they will be safe from shame. Just with everything else, we need to stay in our childrens’ lives. Ask them about what they are learning. Talk with them about their teachers. We do not want to jump to conclusions, but we want to use the time of discussion to “take every thought captive” for our children.

2. What have been things you have had to learn to “fit” into this church?
3. How in your life have you experienced shame in church?
4. Why do some churches focus on the externals?



C. Bible Study

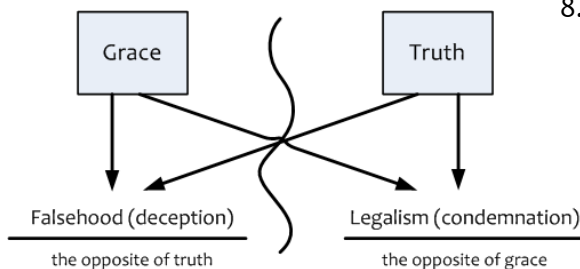
COLOSSIANS 2: 20 – 23; 6 – 8

5. How would you define an “appearance of wisdom”?
6. Why do these things lack any value?
7. What should Christian life look like (v. 6 – 8)?

You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about [Jesus].” – John 5: 39

D. Questions

8. How would you describe this diagram?



- Suggested HW: Chapter 11 and Workbook page 137– 138; 142 – 143



Shame Off You (11)

“When God blesses you, He isn’t blessing you because you have done something wonderful, but because He has done something wonderful.”

A. Introduction

1. How was everyone’s Easter?

B. Book Review – Chapter 11

“Christianity is not a religion; it’s a relationship.” You do not have to be a Christian long to have heard this catch phrase. But, most of Christianity has built its own set of rules to the Christian life, and success is measured by whether we can keep from the sins that are counted as bad. What did Jesus change from the old covenant?

The new covenant is not between God and His people like the old but between God and His Son. It is new because it does not depend on our faithfulness but on Jesus’ faithfulness. Our role of the new covenant is not to keep the covenant but to abide in Jesus who the covenant is with.

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

O Lord, open our eyes that we may know how blessed we are in Christ Jesus.

2. What are rules that Christians have told us we must follow if we are to be Christians?
3. What role do these things play in the new covenant?

C. Bible Study

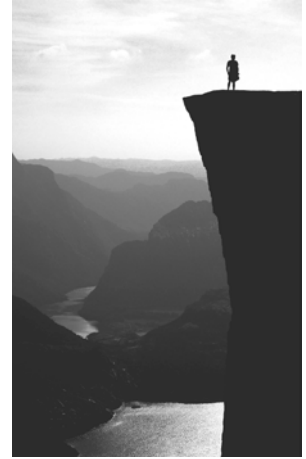
JOHN 14: 15 – 21

4. How is this passage different than the shame statement above?
5. What is the relationship between love and obedience?
6. 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

D. Questions

7. How do we teach this to our children?
- Suggested HW: Chapter 12 and Workbook page 149 – 153



Shame Off You (12)

“We are tempted to think that getting more of something will heal our sense of emptiness and inadequacy. Yet the simple truth is that we’re more likely to find healing by letting go of something we consider essential.”

A. Introduction

1. How does the New Covenant overcome shame?
2. How would you define an idol?

B. Book Review – Chapter 12



Proverbs 18: 10

Christians don’t substitute idols for God; they add idols in addition to Him. We raise up idols in our lives to salve the wounds of our past. Something happens to us and we make a commitment never to be hurt like that again, so we establish an idol to protect us from that pain. Ultimately the idol doesn’t give you peace, instead it gives you constant pressure to always please it. When we don’t perform well enough for our idols, it mocks us and sends us back to even deeper shame.

Shame will not only dishearten you today; it will also cause you to sabotage the healing that is ready to sothe you. These idols need to come down for you to rely on God for your healing. Since our idols have become intertwined to who we are, tearing them down feels like death, so we avoid it with all that we have. The tragedy is that we might love our idols, but they do not love or heal us. It is only by the power of God’s love that we are willing to journey down the road of repentance and find the healing we so desperately long for.

3. What are common idols people erect?

C. Bible Study

2 CORINTHIANS 1: 3 – 11

4. Is there any trouble that God will not comfort you in?
5. How bad was the trauma Paul’s describes in 8 – 11?
6. Why did this trouble come?
7. How do idols keep us from God’s comfort?

“Everyone is senseless and without knowledge; every goldsmith is shamed by his idols. His images are a fraud; they have no breath in them.” – Jeremiah 10: 14

D. Questions

8. How do we raise children that do not create idols?
- Suggested HW: Tell your kids how wonderful they are!





Shame Off You (summary)

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

A. Book Summary

- Chapter 1: The Power of Words
- Chapter 2: The Power of Marriage
- Chapter 3: The Power of Forgiveness
- Chapter 4: The Power of Confession
- Chapter 5a: The Power of God’s Voice
- Chapter 5b: The Power of Celebration
- Chapter 6: The Power of Mom and Dad
- Chapter 7: The Power of Boundaries
- Chapter 8: The Power of Walking With Jesus
- Chapter 9: How to Change Others
- Chapter 10: How the Church Tries to Change You
- Chapter 11: How the Gospel Tries to Change You
- Chapter 12: How Idols Keep You from Real Change



B. Bible Study

ISAIAH 61

- These are God’s words to you!

“Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood. For your Maker is your husband -- the LORD Almighty is his name -- the Holy One of Israel is your Redeemer; he is called the God of all the earth.”
 – Isaiah 54: 4 – 5



C. Questions



- Suggested HW: Have a great summer!