



## Sunday Recap Guide

### SHATTERING SHAME – Pastor Kenny

#### E — Encouragement

- Share **highs & lows** from the week.
- Celebrate any **wins**, answered prayers, or moments you noticed God moving.
- Remind the group: *Christ didn't come to condemn us—He came to cover us.* No matter how your week felt, Jesus draws near, not away.

#### S — Scripture

This week we unpacked **shame**, beginning in **Genesis 3** and tracing God's redemptive heart all the way to the cross.

#### 1. Shame's Origin: Genesis 3:6–11

##### Key Verse:

*"At that moment their eyes were opened, and they suddenly felt **shame** at their nakedness." — Genesis 3:7 NLT*

##### Context

Genesis 3 describes the moment humanity shifted from innocence to shame. Before sin, Genesis 2:25 tells us, "**They were naked and felt no shame.**" Shame was not part of God's original design.

## Word Study

- **“Shame” (Hebrew: בּוֹשׁ *bôsh*):**  
Means *to be ashamed, disappointed, or to lose hope*. It also implies *a sudden awareness of failure or a loss of standing*.  
Shame is not just guilt for what we’ve done — it becomes a lie about **who we are**.
- **“Naked” (Hebrew: עֶרֶם *êrôm*):**  
Symbolized **vulnerability, openness, innocence**. After sin, what once represented safety now felt unsafe.
- **“Where are you?”**  
God is not seeking information. He is initiating **restoration**. This is the first act of grace in Scripture.

## Key Insight

Sin produced **shame**, and shame produced **hiding** — from God and from one another.  
We still do the same today.

**Christ came not to condemn but to cover.** (Romans 8:1)

## 2. Christ Shatters Shame

**Romans 8:1** — “There is **no condemnation** for those who belong to Christ Jesus.”

- Condemnation says: *You are unworthy.*
- Shame says: *Something is wrong with who you are.*
- Jesus says: *You are mine, covered, forgiven, and free.*

## Cross Reference: Revelation 12:11

*“They overcame by the blood of the Lamb and by their testimony.”*

- The blood removes guilt.
- Testimony removes shame.

Shame hides.

Confession heals.

**James 5:16** — “Confess... so that you may be healed.”

The Greek word for **healed** (*iaomai*) means *restored, made whole, cured*.

### 3. Christ Shatters the Frames of Sin

#### **Romans 6:12–14**

Paul calls us to stop giving sin a place to rule. Because we have a new identity, we get to live from **freedom**, not from shame.

- Shame says: *Run away*.
- Grace says: *Run toward God*.
- Romans 8:37–39 promises **nothing can separate us** from His love.

### 4. Run in the Right Direction

The prodigal son (Luke 15:17–24) offers a picture of God’s posture toward us:

- Before the son can apologize, the Father **runs** toward him.
- Before he can explain, the Father **embraces** him.
- Before he can prove anything, the Father **restores** him.

#### **Key Symbolism**

- **Robe:** Covering → God covers shame.
- **Ring:** Identity → Restored authority.
- **Sandals:** Sonship → Slaves did not wear shoes.

### 5. Reframe Your Narrative

Romans 8:28 reminds us that God redeems *everything*.

- Shame says: “This happened **to** me.”
- Grace says: “God is using this **for** me.”

Romans 12:2 teaches that transformation happens by changing the way we **think** — reframing our narratives around truth, not shame.

## Discussion Questions

1. Where do you see yourself in Genesis 3 — sewing fig leaves, hiding, or hearing God ask “Where are you?”
2. What lie has shame taught you about who you are? What truth does Jesus speak over it?
3. Why do you think confession (James 5:16) brings healing, not condemnation?
4. In Luke 15, which part of the Father’s response speaks most to you — His running, embracing, covering, restoring, or celebrating?
5. What mindsets need to be renewed in you (Romans 12:2) so you can reframe your story through the lens of grace?
6. How have you seen God work something “for your good” that once caused you pain or shame?
7. What does “run in the right direction” mean for you this week?

## P — Prayer

- Share prayer requests.
- Pray specifically for:
  - Freedom from shame
  - Courage to step out of hiding
  - Strength to confess, heal, and grow
  - Awareness of God’s love and covering
  - Renewed minds and reframed narratives
- Pray Romans 8:1 and Romans 8:37–39 over the group.

## N — Next Steps

### Church

- Attend church together this week.
- Sign up for Groups, Dream Team, or upcoming events.

## Personal

- Identify one place where shame causes you to hide — tell someone and invite God into it.
- Memorize **Romans 8:1** this week.
- Write the phrase: **“Christ didn’t come to condemn me — He came to cover me.”**
- If you’re struggling, **reach out to someone godly** (Ecclesiastes 4:10).
- Ask God: *What narrative are You reframing in my life right now?*