

SISTERHOOD CONNECT GROUP

STUDY



Connect Study 20

Dealing with shame

'Those who look to him are radiant: their faces are never covered with shame.'
(Psalm 34:5 NIV)

Sheila Walsh spoke at Colour about the power of shame in our lives. Shame and guilt are different in that guilt tells me that I *did* something bad whereas shame tells me that I *am* bad. The result of shame is that our relationships with God and with each other are destroyed and so is our creative nature because of the fear of failure that comes with shame. We need vulnerability and connectedness if we are to live without shame.

Take some time to consider the following questions in relation to your own life:

- 'Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.' Brené Brown. *Daring Greatly*. Penguin Books. 2012. P.69.) When have you experienced shame in your life? When have you felt that you were bad rather than simply that you had done something bad?
- In what ways has shame and the fear of failure affected your ability to be creative?
- Read Genesis 3:1-5. Discuss how the enemy attacked God's Word; attacked Adam and Eve's trust in God and caused them to question God's love. Share a time when this has been your experience.
- Read Genesis 3:6-13. Notice how Adam and Eve did not just feel guilt over their sin in disobeying God but also shame about who they were in their nakedness. How did this affect their relationship with God and with each other? In what ways has shame affected your relationship with God and with others?
- Read Hebrews 12:1,2. How did Jesus deal with the shame associated with crucifixion? (Tip: Consider the words 'joy', 'endured', 'scorning')
- 'When we stop caring about what people think, we lose our capacity for connection. When we become defined by what people think, we lose our willingness to be vulnerable.' (Brené Brown. *Daring Greatly*. Penguin Books. 2012. P.169.) How can we become more vulnerable and more connected?



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- '...we need to separate our children from their behaviours. As it turns out, there's a significant difference between *you are bad* and *you did something bad*...Shame corrodes the part of us that believes we can do and be better. When we shame and label our children, we take away their opportunity to grow and try on new behaviours. If a child *tells a lie*, she can change that behaviour. If she *is a liar* – where's the potential for change in that.' (Brené Brown. *Daring Greatly*. Penguin Books. 2012. P.224.) How can we help our children and friends to understand the difference between who they are and what they do?

PRAY

Pray for each other that you will recognise the attacks of the enemy in the area of shame and that you will have the courage to live more vulnerable and connected lives.

CHURCH HIGHLIGHTS

- Colour Conference, register online: hillsong.com/colour
- Easter Services

NATION BUILDERS

At the start of the year we have the opportunity as Connect Group to set the Faith Goal for what we are believing to give towards Nation Builders. Nation Builders is the Missions Giving of Hillsong Church. Together as Connect Groups we are believing for UNUSUAL things to happen. Take the time during your next meeting to inspire your group to set a Faith Goal for 2015, and let's believe together for our Nation Builders to spark UNUSUAL miracles!

PASTORAL CARE

We have a pastoral care team at church to walk alongside people in your group who may be going through a tough time.

Please contact the church office Sydney 02 8853 5353, Melbourne 03 9720 2099, Brisbane 07 3422 8500 or Newcastle 02 4927 1888 to let us know of anybody in your group (with their permission) who have sickness, death of a loved one, marriage challenges, surgeries.

