

“Breakthrough!” in 2022

GROWTH + GROUPS

NAVIGATE LIFE TOGETHER

Maranatha Chapel Sermon Based Study Guide
SB 09.18.2022

“FILTER’S” – Genesis 2-3, Romans 1:28-32, John 16:7-8

Receiving the Message and Relating to the Study

What insights, principles, or observations stood out to you from this week’s message? Discuss with your group.

Pastor Philip Metzger shared with us the various “filters” that we tend to view our lives through. Some of those filters are “BITTERNESS, FEAR, and SHAME. These things can really begin to weigh on our soul, mind and emotions. Rather than seeing our lives through bitterness fear and shame, we need to view our lives through the lens of God’s Word and the way He views us. Jesus bore our shame on the cross and we need to reckon this to be so! Today we will focus on the filter of shame and how we can deal with it. Let’s get into God’s word together...

As your group time begins, use this section to introduce the topic of discussion.

1. What spoke to you or stood out to you in the message this weekend?
2. Who knows more about you than anyone else? More than funny stories or interesting tidbits, who knows the real you?
3. How would you feel if all the thoughts that went through your head in the last week were displayed on a television for everyone in our group to see? Why are we sometimes scared to let other people see who we really are?

Digging Deeper in God’s Word: Life Lessons

We have all been born into a broken world—one in which it can be terrifying to be known by others because of the guilt and shame we bear. Like Adam and Eve in the garden, we’ve all tried to hide, covering up our guilt and shame. While we might be able to fool other people for a time, how absurd it is to believe we can hide from our creator! Thankfully, however, we have a creator who knows us intimately and still longs to have a relationship with us. He has demonstrated this desire by justifying, adopting, and sanctifying us. The only way out of the downward spiral of guilt and shame that is life in this broken world is to be fully known. In today’s study we will see how God helps us grow in our relationship with Him as we seek to be honest with ourselves, each other, and our God.

HAVE ONE VOLUNTEER READ GENESIS 2:18-25 AND ANOTHER GENESIS 3:7-10.

1. How would life be different for you today if you could be completely vulnerable without any fear of rejection?
2. Compare and contrast guilt and shame. Which is easier for you to recognize and try to correct? Why?

Guilt is experienced when we violate a clear moral code—a legality. Shame is experienced when we fail to measure up to an expectation—an identity. In other words, guilt is more about what we do, and shame is more about who we are. Psychologists say we all have a portrait in our minds of the person we’d like to be. They call this the self-ideal. When our lives don’t reflect this image in our minds, we begin to feel shame. The self-ideal we create for ourselves can incorporate a lot of expectations that simply aren’t included in God’s design for us. We can exalt the wrong kind of perfection (physical, economic, or social) and in so doing take steps away from the freedom secured for us in the gospel of Jesus Christ. Growing in Christ requires coming to grips with our self-ideal so that we might leave it behind and take genuine steps toward living out of our identity as adopted sons and daughters of Christ.

3. What was life like for Adam and Eve before the fall (v. 25)? What do we learn about God’s design for our lives from these verses?

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4. What changed for Adam and Eve when they ate of the Tree of the Knowledge of Good and Evil (3:7-10)? How did their guilt and shame affect their relationship with God? Their relationship with each other?
5. When are guilt and shame healthy for us to experience as Christians? How might such feelings, if left unchecked, however, be detrimental to our faith?

Before they ate of the Tree of the Knowledge of Good and Evil, Adam and Eve were naked and unashamed. In other words they were fully known by God and by one another. The moment they disobeyed God, however, they knew that they were naked and they hid themselves from God. The concept of being truly known became terrifying rather than life-giving. The story of Adam and Eve demonstrates both the value of guilt and shame as well as their abuses. Guilt and shame are healthy when they reveal our sin--Adam and Eve were right to feel this guilt because they were guilty and shame because what they did was shameful. However, in our broken state, it is possible to do something morally wrong and not feel any shame at all. Conversely, guilt and shame can work against each other: we can feel shame for doing the right thing, and we can have a sense of glory in doing the wrong thing.

HAVE A VOLUNTEER READ ROMANS 1:28-32.

1. People may be guilty of something and not feel shame from it, they may even be proud of it. When have you experienced this?
2. What's the difference between the guilt and shame associated with breaking a standard you've set in your mind and that which results from breaking God's glorious standards?

A plumb line is a clear and simple tool--a string drawn from one point to another—used to measure everything around it. Ultimately, we want our lives to line up with God's design. He's our Creator and Redeemer. Measuring ourselves by any other standard will result in deep roots of guilt and shame, throwing our lives out of order.

HAVE A VOLUNTEER READ JOHN 16:7-8.

1. What does Jesus promise to His followers? If you've ever felt that life would be easier if Jesus were with you in flesh and blood, what does He say here?
2. What role does the Spirit of God play in dealing with guilt and shame? How might a greater awareness of the Spirit's presence and power in our lives lead to spiritual growth?

Nothing drives away shame faster than being fully known and yet still loved, enjoyed and delighted in by the One who knows you best. Shame begins to vanish when we realize we can be truly vulnerable and confess our sin before God and before others, especially fellow brothers and sisters in Christ. The best way to make sure shame can't take root in your heart—and can't naturally grow into anger, abuse, and lust is to free yourself from secrets. 1 John 1:9 tells us “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Applying God's Word

What did you learn from this study and how does this personally speak to you? Discuss with your group.

Help your group identify how the truths from the Scripture passage apply directly to their lives.

There are three doctrines like (justification, adoption, and sanctification) which provide refuge from the storm of anger, abuse, and lust caused by guilt and shame. The moment you put your faith in Christ, you were justified in His blood, you were adopted into His family and you were sanctified and set apart unto the Lord to serve Him. By His power you can start to deny the old nature and live in the fullness of the Spirit's power.

1. **Justification.** What does God's declaration of not guilty do to the downward spiral of guilt and shame?
2. **Adoption.** Nothing drives shame away from the heart more than being known yet still delighted in. How

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have you found that to be true in your life?

- 3. Sanctification.** Becoming more like Jesus Christ deconstructs our false self-ideals and replaces them with what’s true and right and good. The cycle of grace—grace feeds passion, which feeds grace, which feeds more passion—replaces the cycle of guilt and shame. How do you see this cycle of grace working in your life? How might we as a group, help each other tap into the cycle of grace?

Pastor Phillip said that we live in the paradox of the now and not yet. We are on the one hand broken, yet we have the peace of God that passes understanding. We are in need and yet we are full with the presence of the Lord that carries us through our hour of trial. As believers in Christ, we need to continue to see through the filter of God’s word, and through God’s faithfulness, mercy and love.

PRAYER - Thank God for sending Jesus to break the endless cycle of guilt and shame in our lives. Pray that you and your group members would grow to be more transparent before God and before each other and in so doing grow in affection for Christ.

“The people therefore, that stood by, and heard it, said that it thundered: others said, An angel spake to him. Jesus answered and said, This voice came not because of me, but for your sakes.”

John 12:29-30