



## Out of the Shadows: **Shame** May 25 & 26

**Speaker:** Joel Schmidgall

**Scripture:** Genesis 1 and 2

### **Sermon Overview**

All of us experience shame. None of us talk about shame. It's a word that we don't even like to say. Shame keeps us from being honest about our struggles, about our sins, about our hurts, about our abuse. And for many of us, it has become a debilitating factor that has hijacked our identity and halted us from reaching our God-given potential. Shame can be what you did, it can be what you didn't do, it can be what someone did to you.

### **Sermon Series Questions:**

1. What has been your most prevalent emotion this week?
2. Share one thing that the Holy Spirit revealed to you concerning the topic this week.

### **Sermon Specific Questions:**

1. What is the difference between guilt and shame? Share about a recent time when you experienced one of those feelings.
2. How does shame thrive in darkness? Why does shame feed off of secrets?
3. In Genesis, Adam and Eve use fig leaves as an attempt to hide their shame. What have you used to cover up shame (present or past)?
4. Pastor Joel shared about the process of shame: Secrecy to Isolation to Insecurity. Which of these places do you connect with most right now and why?
5. What's one step you can take this week? Is there something to confess? Is there a community you need to step into? Is there foundations of your faith you need to return to?

