

SERMON BASED CURRICULUM

**Date & Sermon Series:**

July 30/31, 2016; Mountains Move

Speaker:

Pastor Heather Zempel

Scripture Focus: Genesis 3:1-12

Note To Leaders:

This weekend we discussed how moving from shame to significance is a process. These questions provide a framework to prompt or foster discussion in your small group. Don't feel you have to use all or any of these questions and you don't have to make it to the end! Use the questions that best fit your group and let discussion flow.

Icebreaker Suggestions: In Pastor Heather's weekend message she shared her childhood story of the "Don't be" chair and remembers being sent to the "don't be" chair in Kindergarten. Don't be rude. Don't steal other kids' crayons. Don't talk while the teacher is talking. The chair became a public place of shame. When you think of the word shame, what comes to mind? What does shame mean to you?

Sermon Series Questions:

1. What thoughts are still resonating with you from the sermon?
2. What was most encouraging or challenging about this weekend's message?
3. In what ways did Genesis 3:1-12 speak to you?

Specific Questions:

1. We all as humans experience shame to some degree. Pastor Heather says, "Shame finds us when we are very young and tightens its grip as we get older." In what ways does this resonate with you? Why do you think shame gets stronger in our lives the older we become?
2. Pastor Heather expressed there were areas in her life that she could still feel the sting of shame. Why do you think the feeling of shame tends to linger in our lives?
3. In Genesis 1, we see that God proclaimed creation was very good. In 2:25 it says, "Adam and his wife were both naked, and they felt no shame." Why do you think God uses the word shame in this instance?
4. Pastor Heather says, "The enemy doesn't have anything new to say because he takes the words of God and twists them. He forces us to believe a mindset of scarcity over a mindset of

abundance.” How have you experienced this tactic from the enemy- the twisting of words in your life? What does it mean to live with a mindset of scarcity and what are some of the ways we focus on this in our lives?

5. In Genesis 3:9, God says, “Where are you?” But the important piece about this question is that God was not questioning where they were in terms of location. But rather, he was calling them out of hiding through an invitation to come into the light. What are some areas in your life where God is asking, “Where are you?” What are some areas in your life he is inviting you to bring the feeling of shame into the light?

6. The enemy will always be the Accuser. The Holy Spirit will always be the Advocate. Which voice do you tend to hear the loudest? What are some ways you can begin to hear the Advocate in your life more?

7. Vulnerability is one of the steps towards healing and healing and overcoming shame is a process. What areas do you need to give yourself grace in order to accept that walking in freedom is a process? Who do you need to become vulnerable with?

Challenge:

Pastor Heather said that shame does three things:

- Shame drives us into hiding.
- Shame accuses us.
- Shame separates us.

Choose one tool from below to use in order to fight against shame this week:

- Bring shame into the light.
- Listen to the Advocate (Holy Spirit)
- Choose to be vulnerable through confession and community.

Read, Pray, Act:

Memorize Hebrews 12:1b-2 in light of the differences of the Accuser and the Advocate below. Pray through what it means to run the race with perseverance. Spend time contemplating what it means that Jesus scorned its shame and sits at the right hand of the throne of God? What are some of the ways you can change the voice you listen to?

Accuser says we are to keep it hidden and it can never be changed:

- 1) Guilt
- 2) Accused
- 3) Shame

Advocate says that guilt is an internal warning signal that leads to conviction in order to be transformed:

- 1) Guilt
- 2) Conviction
- 3) Transformation

