



09/25/2022

REFRAME YOUR SHAME Discussion Guide

BIG IDEA

Pastor Irene Rollins, Co-Founder of Two Equals One, reveals her personal story of how she found freedom from addiction and shame. We all have something we need to recover from, including the resulting shame. Pastor Rollins describes how to release the power of reframing your shame to walk in freedom.

SCRIPTURES USED IN THE MESSAGE

- Hebrews 12:1-2 (NKJV)
- Romans 12:2 (MSG)
- Psalm 27
- Psalm 23
- Romans 8:28
- Psalm 34:4-5 (NLT)
- 2 Corinthians 12:9 (NLT)
- Isaiah 61:7 (NKJV)
- Genesis 50:20 (NLT)

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What are some hurts, hang-ups, or habits people might need to recover from?
- What is shame? Where does shame come from and how does it affect us and others around us?
- Why is shame so pervasive in our lives?
- How do we move away from shame and become resilient to it?
- What are some practical ways we can improve our focus on Jesus, forgiveness, and freedom?

APPLICATION IDEAS

- Write down a hurt, hang-up, or habit you need to recover from. What are the next steps you will take to be on the road to recovery?
- What will you do to improve your focus on Jesus, forgiveness, and freedom?

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray that God will reveal areas where recovery and shame resilience is needed. Ask for wisdom and strength to act for improvement in those areas.

LEADER TIPS

Choose from the list of tips found under “Best Practices” in the “Coordination and Guidelines” folder, suggestions provided by Karen, or based on the message, or write one of your own.

- Be comfortable with silence. When you ask for a response to a question, wait 15 seconds before talking. This time allows members time to think, their courage to build, and the Holy Spirit to work.