



Love God Love People Live Like You Mean It

Unashamed

Shame

A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.

Cycle Of Shame

Since the beginning of time, humanity has struggled with the toxic cycle of shame. Adam and Eve sinned against God and rather than running toward Him for redemption, they ran away and hid themselves. Hiding from our past choices and failures keeps us far from God and from those who would love and support us on our journey toward recovery. Isolation and regret fuel deeper pain which inevitably leads to more bad choices. In our attempts to heal ourselves, we inflict more harm on ourselves and on those we love.

Breaking the Cycle

What if instead of hiding our failures in the dark we ran with them into the light? The work of Jesus on the cross invites us out of the shadows of shame and into the light of His love. We no longer need to be bound by the toxic cycle of shame. There is power in the gospel which teaches us to repent (stop doing wrong) and trust Jesus to free us from the painful patterns of our past.

In Romans 1:16-17, Paul said it this way, “I am not ashamed of the gospel, because it is the power of God for salvation to everyone who believes, first to the Jew, then to the Greek. For the gospel reveals the righteousness of God that comes by faith from start to finish, just as it is written: “The righteous will live by faith.”

The gospel breaks the cycle of shame with the good news that Jesus has made a way for us to receive forgiveness, a clean start, and the power to overcome our struggles - Simply by putting our faith in Him.

Faith That Breaks the Cycle

The key to long-term recovery is not a one-time belief in Jesus’ power to forgive us and offer us a fresh start. The key is to continue believing in Jesus’ power to be with us for the rest of our faith journey.

Read

For I am certain of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” - Philippians 1:6

You may not feel like you’ve “arrived.” You may feel like you still have struggles. Be encouraged! This doesn’t mean you are a failure. It means you are still a work in progress. A work Jesus has promised to continue until you are complete.

Pause for 5 Minutes of Journaling

Break into small groups to read and discuss how envy and comparison impact your recovery.

Questions to Consider:

- Is there an area of your life where you tend to fall back into the cycle of shame? How does it play out for you?
- What would it look like to bring your most painful mistakes into the light and be free of shame?
- Are there any particular areas you know God is working on in your life right now? How can you tell?
- If you fully trusted God to complete His work in you, how might it change the way you live/experience your life?

Gather Back as One Group and Share What You Got From Today’s Discussions - End In Prayer