

SESSION 5: SHAME AND EMOTIONS

Welcome and Review Last Week's Homework & LIFE Starters: 20 minutes
Session #5 Teaching: Shame and Emotions: 15 minutes

Emotions are powerful. God created them as tools for us to use in different ways: in relationships, to protect ourselves, to “move us to motion” when something is wrong and we need to change it. Emotions can also be destructive when they control us and blind us to important truths. One of the most powerful negative emotions is shame. We are all susceptible to it and it sneaks in, often undetected until it has grown and created unseen walls between individuals. Shame tells us that there is something wrong with us and we can't let others see it. It often takes root in us as children, especially through situations where trauma or neglect is present.

When a child receives messages of abandonment, that often becomes a voice of shame in their head telling them that it was their fault or that they were not good enough for someone they loved to want to stay in their lives. When children are misunderstood or not given a voice to speak for themselves, shame creeps in and tells them their needs don't matter. As we grow up, shame also grows and reinforces what we already believe about whether we are worthy of love. The outcome of shame is that walls go up, and we isolate ourselves, which in turn breeds more shame.

Shame entered the world with sin, in the Garden of Eden. Jesus took our ultimate shame and sin on the cross, separated from His Father, naked, and viewed by much of those around Him as unworthy for the title He bore. Here in our daily lives, we have to fight shame and teach our children to fight shame, because God created us to be at our most healthy through relationships with Him, friends and family, and fellow believers. When we connect with our children, we are fighting shame. When we pursue our children gently when they withdraw from us, we are fighting shame. When we teach them to identify and communicate their feelings, and we respect that, we are fighting shame. When we model vulnerability and connection with others, we are fighting shame.

Small Group Discussion: 15 minutes

- Have you identified areas that you feel shame about in your own life?
- Do you see shame impacting your children?
- What are some ways you can try to protect your children from, or help them overcome, shame?

Discuss This Week's Homework: 5 minutes

- Do your LIFE Starter Journalling and make time to continue the discussion from your small group breakout time.

Resource: *The Soul of Shame, blogs and podcasts by Dr. Curt Thompson*

SESSION #5

WK. 5 DEVO 1

Read Isaiah 61

Journal about how to cut out “shame” from your leadership style.

L=Listen in your journal by writing the date and the Scripture you’re studying. After you’ve read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today’s Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you’ve read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you’ve learned?

SESSION #5

WK. 5 DEVO 2

Read Romans 10

Trusting in God should mean you will NEVER be shamed

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SESSION #5

WK. 5 DEVO 3

Read Romans 8:1-17

Shame does NOT connect with living in God's Spirit.

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SESSION #5

WK. 5 DEVO 4

Read Isaiah 54

Let's NOT focus on fear and shame to lead!

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I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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