



Forgiven - Letting go of Shame || Week 5

Group Notes

INTRODUCTION

What do you do when your problem is you? Guilt is about actions. Shame is about identity. God specializes in broken people because that's all HE has to work with. The great "I AM" says who I am. Everyone is made new in Jesus.

CONVERSATION STARTERS

1. What is the funniest thing that happened to you this week?
2. What is something you got into trouble for as a child that you still think about?

SERMON NOTES REVIEW

Looking back at your message notes from this weekend's teaching, was there anything that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

[CLICK HERE](#)

GROUP DISCUSSION

1. When have you been tempted to believe the label of shame in your life?
2. At Sun Valley, we say "No matter where you've been, what you've done, or what's been done to you, God loves you. The REAL you". What does that statement mean to you?
3. Read [2 Corinthians 5:17](#) and [Galatians 2:20](#). What do these verses say about our identity in Christ?
4. In the video, Robert said that shame does not come from God but from the enemy. What are some ways you can guard yourself from the label of shame?
5. When you "think about what you think about", it can become clear what your focus is on. What you focus on is what you are moving towards. How can adjusting your focus help you let go of shame in your life?

PRAYER

Go around your group and ask for prayer requests. As a group, spend time praying over each other. Check your HEART. Are you Hurting, Exhausted, Angry, Resentful, or Tense? Pray for the Holy Spirit to reveal any of these areas and ask for help to take the necessary steps to find healing.

ANNOUNCEMENTS

- Celebrate Recovery is a safe place for anyone with hurts, habits, and hang-ups. Learn more and find a campus near you to start your recovery at cr.sv.cc

