



Life Groups 2018

NLC Life Group Sermon Study

Week of February 4, 2018

Sermon: Edit—Shame Off You

Life Group Schedule

15 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **The Awards Ceremony.** **Instructions:** Give each person an opportunity to introduce themselves, stating their name, and if they were to be given an award, what would it be? For example, “most Oreos eaten in one sitting,” “most likely to burp the alphabet in a public place.” If time, let them share any story they may have that supports their award choice.

OPENING PRAYER

45–60 MIN “Edit—Shame Off You”

- The phrase people commonly use around the word “shame” is “Shame on you.”
- We never want to motivate people with shame, because shame demotivates.
- The enemy is called “the accuser of our brothers and sisters” (Revelation 12:10). He loves to remind you of every mistake.
 - › Things you did that you should not have done.
 - › Things you didn’t do that you should have done.
 - › Things you said that you should not have said.
 - › Things you didn’t say that you should have said.

ROM 10:11 “Everyone who believes in him will not be put to shame.”

- When the enemy says, “Shame on you!” Jesus says, “Shame *off* you!”
- Cell phone technology these days has an autocorrect feature that brings mistakes to a whole new level of awkwardness. Its edits of mistakes often creates more problems.

Q1. Have you ever sent a text or posted something on social media that looked nothing like what you wanted to send?

- It can be pretty embarrassing when that happens, and you wish you could rewrite your new story over your old one.
- Jesus is a great editor, rewriting righteousness over mistakes.
 - › The Greek word for “righteousness” in the Bible is “dikaiosyne” (pronounced “dee-kai-ahs-oo’-nay), which means “the condition acceptable to God,” “integrity, virtue, purity of life, rightness,” “correctness of thinking, feeling, and acting.”
 - › At Calvary, Jesus became our substitute for shame, and in exchange gave us righteousness. He defeated shame. He gave

us righteousness.

- The difference between guilt and shame:
 - › Guilt is the feeling you have after you failed. Shame is the feeling of being a failure. It hits at your identity.
 - › Guilt is what happens when you sin, but shame travels with you. Shame tries to hold you in your past. Shame will sabotage your purpose.
- Shame, guilt, conviction, and condemnation can be confusing. All come from four places: Things we did or didn't do, and things we said or didn't say.
- The difference between conviction and condemnation:
 - › The Holy Spirit convicts us, guides us, comforts us.
 - › Ex: Third-grade basketball players will take 3-4 steps with the ball, shooting at the wrong goal, running the wrong way, and parents are yelling, "You're going the wrong way." Holy Spirit conviction is like that. The Holy Spirit says, "You're headed the wrong way. That's not your goal. Turn around."
 - › The enemy condemns us, working overtime to make us feel worthless.
- Difference between guilt and shame:
 - › Guilt is when you feel bad because of what you've done. The Holy Spirit is working on you, through conviction, to guide you. God will forgive you!
 - › Shame is when you feel bad about who you are. Will you forgive yourself?
- The only way to get healed is to let the Holy Spirit bring you to the Father.
READ GALATIANS 5:1 "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."
- Shame is the enemy's attempt to bring you back under bondage.
- Jesus, however, not only forgives but doesn't remember.
 - › Jesus paid a huge price to get shame off me. If God doesn't remember it, I am not either.
- When the enemy tries to shame you, respond with, "I did it, I admitted it, and I quit it, so forget it."
- Jesus is the only one who can edit your shame

YOU CAN'T EDIT SHAME WITH A FEELING OF HOLINESS

HEB 12:1- 2 "And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the author and

finisher of faith. For the joy set before him he endured the cross, scorning its shame

- Don't let your sin or mistakes become your identity. Your mistakes happened, but that is not what God is doing for you or in you.
- **Remind yourself:** I am not who people say I am. I am not what the enemy says I am. I am not what circumstances say I am. I am who God says I am.
 - › God says He has approved of me. I am valuable to him. I am worthy to praise him.
- In the OT, names reflected identity. "Jacob" meant "deceiver."
 - › Every time his name was called, he was reminded of his identity. He became what people called him.
 - › One day he ran into the Lord Himself, who asked "What is your name" Jacob owned it, "I am a deceiver."
 - › God changed his name (from "Jacob" to "Israel," which means "prince of God"), and God changed his character. Jacob never walked the same again. He didn't give Jacob what he deserved.

YOU CAN'T EDIT SHAME WITH COVER-UP OR WHILE HIDING AWAY

- Adam and Even in one day went from being close to God to being separated. They tried to cover it up, hide from God, blame each other, and blame the serpent.
- Without Christ, we cover up, hide, and blame others.

YOU CAN'T EDIT SHAME BY WORKING ON IT "SOMEDAY"

- Shame is not something you work on tomorrow; tomorrow never comes. Scripture says "today is the day of salvation" (2 Cor. 6:2).
 - › When the Israelites were in slavery for hundreds of years, they were spoken to like they were worthless. They were abused physically, emotionally, spiritually, and maybe even sexually.
 - › Over time when people are abused, they lose their sense of value, their confidence, and their self worth. The abused person will start to blame themselves.

JOSHUA 5:9 "And the LORD said to Joshua, This day I have rolled away the reproach of Egypt from off you."

- Just like God's promise to Joshua, He is trying to roll the days of Egypt off of you. Today. Not next week.

Q2. What is your Egypt? (Divorce? Sexual sin? Relational neglect? Living with a secret? Addicted to something?) Another way to ask this is— what are you feeling convicted about?

- **God doesn't edit tomorrow. He edits today.**

HOW DOES JESUS EDIT OUR SHAME?

1. HE EDITS INSTANTLY

NEHEMIAH 9:17 “You are a God of forgiveness always ready to pardon, gracious and merciful, full of love.”

ISA 55:7 “God is merciful and quick to forgive.”

- God is more ready to forgive you right now than you are ready to ask for forgiveness. He's always ready.

2. HE EDITS COMPLETELY

- **Colossians 2:13-14** “He has forgiven all your sins; He has utterly wiped out the evidence of broken commandments which always hung over our heads, and has completely annulled it by nailing it to the cross.”
- When Jesus died for your sins, He included all of them—the ones in the past and the ones in the future.
- The Bible says “Love keeps no records of wrong” (1 Cor. 13:5).

3. HE EDITS FREELY

ROMANS 3:23-24 “All of us have sinned...yet now God declares us ‘not guilty’ of offending him if we trust in Jesus Christ, who freely takes away our sins.”

- Free does not mean inexpensive. It cost God a lot—the humiliation of coming to earth and dying on the cross, paying.
 - › When Jesus Christ died on the cross, the last thing He said was “It is finished.” He didn't say, “I am finished,” because He wasn't.
 - › He meant that the plan of salvation is finished. The payment for sin is finished.
- There is nothing wrong with going to therapy if something is wrong.
- Jesus doesn't give relief. He gives release, and when He sets someone free, they are free indeed. (John 8:36)

Q3. Some of the group members may be dealing with something they were unwilling to express in the group but may be more free to walk through with just 1-2 others. Divide into groups of 2-3, and encourage them to walk through the following:

- › Is there anything you need to confess and repent of? Confession: “God I'm sorry for [fill in the blank], and I ask You to forgive me.”

- › Is there anyone you need to **forgive** (including yourself)?
Forgiveness: “In Jesus’ Name, I choose to forgive [whoever] for [whatever], and I release them from ever having to make it right.”
- › Is there anything you need to **break agreement** with the enemy over? (For Example: **Shame** keeps you in bondage to the sins and mistakes of your past. Breaking agreement with shame says, “Because Jesus forgave me, I’m not under the weight of shame anymore. I break agreement with shame over my life. Because Jesus set me free from shame, I agree with God that I am free from shame. Shame, leave me now, in Jesus’ Name.”)
- › Encourage them to invite the Holy Spirit to bring healing and finish the work of restoration, and to pray a blessing over each other. You may begin prayers in many ways:
 - › “God, I receive your forgiveness; thank you for forgiving me.”
 - › “God, I receive your healing...”
 - › “Jesus, I invite You to fill me completely and continually with your Holy Spirit. I give you permission to take control of my life—my thoughts, my choices, and my feelings—that all that I do, think, and say honors You and brings glory to your Name.”

ANNOUNCEMENTS