



# SHAME

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Flourish Women Tuesday

June 2024

This Study Booklet belongs to .....

**Welcome to Flourish Women Tuesday at Tea Tree Gully Anglican Church.**

**We are thrilled that you are with us to study, hear and learn from God's Word together.**

**Please wear your name tag to help us get to know each other.**

## **MORNING PROGRAM**

9am            Creche opens

9.15-10.15    Small Group Studies

10.15-10.45    Morning Tea

10.45-11.25    Talk

11.30            Close (please collect your children immediately)

## **Why Study Shame?**

Why study shame? Shame isn't specifically mentioned a lot in the scriptures, but the concept is there. We all know it is part of our lives.

Shame is an issue in our community and also in the lives of Christians. This is increasingly an issue being discussed, so it's helpful for us to be ready, to ponder shame from a believer's perspective, so we are ready to give a reason for the hope that we have. As well as to help us as wrestle with this issue ourselves.

By doing this study and talks, I come before you like a beggar showing another beggar where to find food. I'm not an expert, but I have wrestled with this topic and think it's helpful to talk about in our church. Like most things, the more you reflect on the questions the more you will find it helps your understanding.

There's nothing like being prepared to share this with you to make me hone what I know and shine a light on what I don't. I too am a work in progress, as we all are till we see the Lord face to face.

This isn't a systematic study but a topical study, so we'll be ranging across the scriptures, so buckle up!

My prayer is that you will know the one who has begun a good work in you, and that he will bring it to completion on the day of Christ (Philippians 1:6).

*Lee-Ann Hunt*  
*... for His Glory*

## **Digging Deeper:**

Further reading suggestions:

*How Does God Change Us?*, Dane C. Ortlund (Crossway, 2021)

*Growing yourself Up*, Jenny Brown (Exilse Publishing, 2017)

*I thought it Was Just Me (But It Isn't)*, Brene Brown, (Avery, 2007)

*Overcoming Shame*, Dr Mark W. Baker (Harvest House Publishers, 2018)

*Shame: Thief of Intimacy*, Marie Powers (Gospel Light, 1998)

## **Bible Study 1 – The Garden, the Fall, Shame**

The concept of shame appears very early in the scriptures.

This study will reflect on life in the Garden, then the Fall, and the shame that results.

### *1. Read Genesis 2:15-25 NIV*

What would living in the garden have been like for Adam and Eve?

What instructions did the Lord give Adam in verses 15-17?

In verse 25, what do you think it means for Adam and Eve to be “naked and feel no shame”?

### *2. Read Genesis 3*

How is the serpent described in verse 1?

In verses 1-13 how did the serpent manipulate Eve? How did she and Adam respond?

Why did Adam and Eve try to cover themselves?

List the consequences of their actions:

### **3 What were the curses pronounced by the Lord in verses 14-20?**

In verse 15 what does, “He will strike your head and you will strike his heel” mean?

4 What does Revelation 12:10 tell us about Satan, also called “the Accuser”?  
How does this effect Christians?

5 What does Romans 10:9-11 say about shame? How does this encourage you?

6 Read Psalm 139. How does this passage reflect how the Lord sees you?  
Consequently, how should we see ourselves?

7 Share any new thoughts you have had about the area of shame.

## Talk 1 - SHAME

*Talking about shame can be unsettling. Find someone you trust to talk to if this topic raises issues for you.*

“Shame”, where it all began.

The first example of shame - Adam and Eve

Legitimate shame: wrongdoing against God

Solution: the cross

The Fall - Genesis 3

Satan will be crushed

Behaviours and thinking in response to shame:

False shame:

Family of origin

Dr Jenny Brown, Family Systems approach

Satan the Accuser, the father of lies:

Be alert but not alarmed

## **Bible Study 2 – the Antidote for Shame**

Last week we looked at Genesis 2 and 3, unpacking, “The Fall”, how sin entered the world and impacted the whole creation. This is legitimate shame, which we identified as wrongdoing against the Lord, the solution for which is the cross of Christ.

False shame can feel the same. The antidote for false shame is the truth. Often false shame is built on lies or twisted truth by Satan. It can also be from our own faulty thinking that we don’t recognize.

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Adam and Eve were tempted by Satan, and as Jesus was about to begin his ministry the Holy Spirit takes Jesus into the desert where Jesus was also tempted by Satan.

1 From Genesis 3 and Luke 4 compare Satan’s temptation of Jesus and Adam and Eve.

List the similarities:

List the differences:

2 How did Jesus’ knowledge of God and the scriptures help Jesus when he was being tempted?

3 How is Jesus the new or second Adam? Refer to Romans 5:12-21 and I Corinthians 15:20

4 How might this help you to approach the word of God?

6 “Satan is the ruler of the age” according to 1 John 5:6

What evidence is there of this in our world?



5 In 1 John 5:19 it states, "We know we are children of God, and the whole world is under the control of the evil one".

Discuss the tension between these two truths.

How does this verse impact you?

7 How might Satan use shame to discourage Christians?

8 1 Peter 1:3 Tells us that in Christ we are enough, that "Christ's divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness."

How can we live considering these truths?

How does this verse help us deal with our sense of shame?

9 James 5:16 says "Confess your sins one to another: pray for each other. The prayers of the righteous are powerful and effective."

How could confession help our fellowship?

Why is confession and prayer put together in this way?

10 Can you think of something that could be described as “false shame”?

From a Christian perspective how could this be dealt with?

11 Read Ephesians 6:10-18 How does this passage about the whole armour of God help protect us from Satan’s attempts to shame us?

## **Talk 2 – The Antidote to Shame**

Adam and Eve versus Jesus the new Adam – What that means for us

Behaviour that comes from Shame (there's quite a list!)

Satan the deception expert

The sufficiency of Jesus

Our protection - the Whole Armour of God

Brene Brown - Shame researcher

What the researchers say about shame and how it can help us.

### **Bible Study 3 – “He who began a good work in you will bring it to completion...”**

Shame can be a heavy topic to focus on. My prayer is that you will have seen how the Lord has provided a way for us to recognize it and to deal with it.

The scriptures tell us that Satan is at work in our world, in our minds. Our only real protection is the word of God at work in us by his Spirit. This is an important truth to fully grasp. It is more clearly understood when it has been tested.

The focus of this study is to remind us of who we are in Christ so that we will be prepared for the challenges of this world.

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- 1 From John 16:33 “I have told you these things so that in me you will have peace. In this world you will have trouble but take heart! I have overcome the world!”

What trouble do you think of?

What encouragement to you have from Jesus’ words?

In what ways has Jesus overcome the world?

- 2 From Romans 12:2. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good pleasing and perfect will.”

Where are you conforming to this world?

In what area of yourself would you like to be transformed?

3 Read Romans 8:28-38. How are you encouraged by this passage. List them:

4 Read 2 Corinthians 5:18-21. What does it mean for us to be Christ's ambassadors?

5 What does Hebrews 12:1-2 tell us about shame and perseverance?

6 From Ephesians 1:3-6, how has the Lord blessed us? How does this encourage you?

7 Ephesians 3:20 says "Now to Him who is able to do immeasurably more than we ask or imagine according to his power that is at work within us."

What helpful thing might you attempt to do in light of this verse?

8. Philippians 1:6 says, "He who began a good work in you will bring it to completion at the day of Jesus Christ."

What work do you hope the Lord will complete in you?

Who could you share this with?

9. Philippians 6:6-7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding will guard your heart and minds in Christ Jesus."

What would help us not be anxious?

What would the peace of God look like in your life?

10. 1 John 4:4-6 says "He who is in you is greater than he who is in the world".

How will you live in light of this truth?

11. Revelation 1:5b says "To Him who loves us and has freed us from our sins by his blood."

How will you celebrate this freedom?

### **Talk 3 – “He who began a good work in you will bring it to completion...”**

What I now know about shame!

Know who we are in Christ, how he dealt with our shame on the cross.

Why we need to know ourselves better:

Believers kit bag/survival kit:

What the Lord has done for us.

Vulnerability: what it means for us.



What's your plan. How will you address shame in and around you?

Journal

Share your struggles

Prayer partner

Scripture

Memory Verses

Helpful books

"To Him who loves us and has freed us from our sins by his blood."

Revelation 1:5b