

Week #3

Romans 5:12,15-21

Icebreakers:

Describe your ideal life.
Shame and problem free.

If money were no object,
where would you live for an
entire month?



Discussion Questions:

1. What was a mistake you made this past week? And how did you react?
2. If clear instructions are provided, how is it that we still can make mistakes? Have you ever had this happen to you? Explain.
3. Before this message on shame, how would you have defined “shame”? Would you have defined it differently than “guilt”?
4. What is a common identity factor that bugs you?
5. Consider this: If Adam & Eve didn’t ask for help in the perfection of the Garden of Eden, what makes us think we could ask for help in the imperfections of our own life?
6. Read Romans 5:19. How can this verse provide powerful insight into the previous answers to question #5?
7. Is there any way this group can help you overcome your shame?

Next Steps:

1. Commit to memory: “I am not a mistake in need of correcting; I am a sinner in need of saving.”
2. Read Romans 8. Highlight key verses that stand out to you.
3. Prayer Requests.

“Live aware of your weaknesses and shame. But also, be aware of the endless grace you have access to!” — Jennie Allen, author of *Get Out Of Your Head*