

## WHY YOU AREN'T SLEEPING

### *The Past • April 10/11, 2010*

#### ICEBREAKER:

*Take some time to get to know each other with some open sharing:*

- Share a God sighting from this past week (a time when God stepped in and showed you something or did something for you).

#### INTRODUCTION:

*Respond to this question: How can God love me as I am?*

*On what basis does the world determine a person's identity and worth?*

#### QUESTIONS FOR DISCUSSION:

**1. As a group, read about the roots of shame. Gen. 1:27, 31; 2:25; 3:5-10, 21.**

- Why do you think Adam and Eve tried to hide their nakedness? How did they see themselves after they sinned? What were they afraid God would do?
- Unresolved guilt leads to shame. What did God do about their shame? What is God's remedy for our shame?

**2. Read about God's remedy for shame: Titus 3:5-7; Colossians 3:3-4.**

- By what did God save us (Titus 3:5)? In other words, what did God change *in* us when we received Christ?
- Since God no longer evaluates us based on our behavior (works), on what then are we to base our sense of identity and worth?

#### 3. Change how you think.

- Based on Proverbs 23:7 (NKJV) *For as he thinks in his heart, so is he...* Why is it impossible to permanently change our behavior without changing our thinking?

- **(Romans 12:1-2)** Our beliefs about ourselves don't automatically change. What is our part in renewing our minds?

- **(2 Corinthians 10:3-5)** What does it mean to make our thoughts obedient to Christ?

#### 4. Change how you see yourself.

- **(2 Corinthians 5:16-17)** Before Christ, our behavior revealed our inner condition or nature (spiritually dead to God). Now that we are in Christ, what is the basis of our true identity?

- **(Ephesians 4:22-24)** What are we told to put off? How does holding on to our old shame-based identity keep us from experiencing our new identity in Christ?

- How has God healed you of shame? What produced the shame, and what did God reveal to you that changed how you see yourself?

#### WHAT WILL YOU DO?

1. What are you hiding that causes you shame? What memories from your past cause you to feel ashamed (that you are a bad person or that something is wrong with you)? How has this affected your identity and sense of worth?
2. What are some shame-producing thoughts with which you still struggle? What is the truth about you, according to what God says?
3. Do you know someone who struggles with shame, and how can you encourage him/her to believe what God says about him/her?

#### THINK ABOUT IT (Something to chew on or memorize)

2 Corinthians 5:17 (NLT) *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*