

LEGACY

Legacy

Small Group Questions: Part 3 Overcoming a Legacy of Shame

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Read

Genesis 2:25–3:13 and Isaiah 49:1

Reflect

In Genesis 2, God makes sure we know that Adam and Eve were naked and knew no shame. Shame is an emotion never intended for us, but it came into existence with the Fall of humanity. Which of the following methods does the enemy use most effectively against you?

Guest speaker, Christine Caine discusses ways we can counter the enemy trying to immobilize us:

1. Recognize how the enemy tries to shame us.
 - a. What is the difference between guilt and shame?
 - b. When have you felt ashamed? What was the cause?
 - i. How has this shame affected you? What labels has it led you to accept about yourself?
 - ii. How has the enemy tried to shame you in an area in which God wants to use you?
 - c. How do you often answer the following statement? “If I was just _____er.”
 - d. Do you believe something is wrong with you? Try to identify lies are you believing about yourself. List three.
 - e. What lies might you be perpetuating about someone else? A family member...a friend, a co-worker? How could you be encouraging instead?
 - f. Review what you put out on social media and the conversations you’re having. Do they shame others?
2. Recognize how the enemy tries to create doubt in us.
 - a. What is the first question the enemy asks in Scripture?
 - b. In Genesis 3, how does the enemy manipulate the Word of God?
 - c. Who or what are you believing instead of God? Who or what are you letting define you?
 - d. How are you placing greater faith in the facts than in the truth of God?
 - e. Once you’ve identified lies you’re believing, find Scripture verses that refute them. Consider speaking them out loud at the next small group meeting.
3. Recognize how the enemy tries to make us want to run and hide from God.
 - a. When have you fallen for the “Do whatever you want” ideas of the world?
 - b. When you recognize that you’ve committed a sin, do you tend to want to avoid church, God, and certain friends/family? Explain.
 - c. Is there an area of your life that you need to confess to God?
 - i. Do you believe God will forgive you? Why or why not?
 - d. Why does God call out to Adam and Eve, and ask, “Where are you?”
 - i. When the enemy tells you you’re not good enough: how will you respond? “That’s not true. My father says I’m _____.” Have you embraced what God says about you?

Respond: Where is God leading you? How can your small group support you?