

LIFE'S TOXIC GAME OF **FAME & SHAME**

WEEK FIVE: **THE CROSS OF SHAME**

Joy and shame cannot coexist.

Shame shifts how we think, feel, imagine, sense, believe and behave.

Shame shapes our identity: who we believe we are.

SERIES BIG IDEA:

We were not built for fame or shame, but to glorify God and to be satisfied in Him forever.

Guilt is associated with my behaviors. Shame is associated with my identity.

¹ Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John—² although in fact it was not Jesus who baptized, but his disciples. ³ So he left Judea and went back once more to Galilee. ⁴ Now he had to go through Samaria. ⁵ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸ (His disciples had gone into the town to buy food.) ⁹ The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) ¹⁰ Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." ¹¹ "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?" ¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

John 4:1-14 (NIV)

Our need for love and connection is unquenchable.

Jesus satisfies what nothing else can.

¹⁵ The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." ¹⁶ He told her, "Go, call your husband and come back." ¹⁷ "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

John 4:15-18 (NIV)

Jesus confronts my sin so I can confess it to receive His life.

¹⁹ "Sir," the woman said, "I can see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."

²¹ "Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem.

²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.

²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth." ²⁵ The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." ²⁶ Then Jesus declared, "I, the one speaking to you—I am he."

John 4:19-26 (NIV)

Confessing the truth of who Jesus is and who we are in Him is the foundation of true worship.

²⁷ Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" ²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ "Come, see a man who told me everything I ever did. Could this be the Messiah?"

John 4:27-29 (NIV)

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WEEK FOUR: THE CROSS OF SHAME

When I know who I am in Jesus, it doesn't matter what others know or think about me.

TEACHING BIG IDEA:

When my identity is in what Jesus Christ has done, I have no shame in what I have or haven't done.

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-3 (NIV)

- Jesus was humiliated so we don't have to carry shame.
- Jesus carried a cross of shame so I can become a child of God.

It is a joy to be a child of God and that means that shame has no power over me.



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TEACHING SUMMARY:

We don't laugh about things we carry shame about. They hurt, and we hide them because shame is connected to our identity which touches every area of our lives.

Jesus came to give us a life that will satisfy us in a way no one or nothing else can. Jesus promised a woman at the well that He could give her life to where she would never thirst again. Jesus then confronted the sin that caused her so much shame. When she realized how Jesus saw her even though He knew this about her, she didn't care about what others thought about her anymore.

When our identity is in what Jesus has done for us, we won't be ashamed and hide the sins from which Jesus has saved us.

Jesus endured the cross of shame, bearing its humiliation, so we could become children of God. We experience God's joy as His kids. A joy that shame has no power to take away.

TALK-IT-OVER:

How have the differentiations between shame and guilt played out in your own experiences or observations?

How do you think encountering the truth about ourselves and embracing our identity in Christ can help overcome shame?

How has your understanding of your identity in Christ impacted your view of shame?

What is one next step you need to take today?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

- Day 1) Isaiah 53:4-6
- Day 2) Colossians 2:6-15
- Day 3) Ephesians 2:1-10
- Day 4) 1 Peter 2:23-25
- Day 5) Hebrews 4:14-16
- Day 6) Romans 6:1-23