

**September 28 & 29, 2019 | Internal Enemies – Week 4**  
**Group Discussion Questions**

**GROUP PREP**

In preparation for group, listen to Emmanuel's Weekend Services message, then answer the following discussion questions.

**INTRODUCTION**

Do you ever feel ashamed when you've done something wrong? Of course, you have! Feeling ashamed can be a good thing when partnered with the Holy Spirit; this is called conviction. But if we can't separate the shame of an inappropriate action from our identity, it becomes toxic to us and those around us. We move from feeling ashamed to thinking of ourselves as shameful. If we allow this mindset to become a reality, we sacrifice our identity in Christ and live a life void of freedom.

**DISCUSSION QUESTIONS**

1. Define shame. What is the difference between guilt and shame?

Shame is often called the "secret sin". Why?

The language of shame is "I should have..." or "I shouldn't have...". What are some of the "should and shouldn't (s)" that roll around in your mind?

2. Read [1 John 1:9](#). Although God is faithful to forgive us, shame sets in when we can't forgive ourselves. What makes it so hard to forgive ourselves of past sin when God has already forgiven us?

Read [Ephesians 1:5](#), [1 Peter 2:9](#), [Romans 6:6](#), [Romans 8:1-2](#) and [1 Corinthians 12:27](#). Shame can steal our rightful identity in Christ Jesus. How does this happen?

When shame is winning, we feel fear, loneliness, and a lack of self-esteem. It can cause us to avoid others, create negative self-talk, lie and behave destructively. Do you find yourself dealing with any of these? If so, which ones?

Read [2 Corinthians 1:8-9](#). At one point, God allowed Paul's circumstances to become so dire and desperate that he refers to this particular moment as a "death sentence". Why would God allow Paul's circumstances to become so hard?

Embracing God's grace will help rid our lives of the internal adversary of shame. Read [Romans 3:23](#), [2 Corinthians 12:8-10](#) and [Ephesians 1:5-8](#). We are all broken people in need of God's glorious grace. How does embracing our broken nature help us accept God's grace?

3. It is possible to overcome shame, but it takes authenticity. Read [1 John 1: 8-9](#) and [James 5:16](#). Why would confession to both God and another person help us overcome shame?

If we want to understand the healing power of confession, let's turn it around and put ourselves on the receiving end. Whose apology do you most desire and least expect, and how would you feel if that individual sat down and took full responsibility for what they had done?

With whom do you need to have a conversation?

**ACTION STEP**

4. That ideal version of yourself doesn't exist. We are all broken and in need of God's amazing grace. What will you do this coming week to accept God's grace and begin to rid your life of the internal adversary of shame?

**SERVE TOGETHER: GROUPS IN ACTION**

**FOSTER & ADOPTION CARE COMMUNITIES:** Providing a meal to a foster family is a huge help to them. You wouldn't believe how much time they can devote to other aspects of this type of service when they don't have to worry about preparing a meal. Would you and/or your small group consider supporting a foster family in this way?

**ENCOURAGE OUR TEAM WORLD VISION RUNNERS:** Many individuals at Emmanuel have stepped up to raise money for children in third world nations to have clean water by running the Indy Monumental marathon. Schedule a Saturday morning to come to cheer on the Team World Vision members that are training for the run and provide them light snacks and water when they finish training.

To find out more details about these projects or other ways your group can serve together in our community, email Breanne Schafer at [bschafer@eclife.org](mailto:bschafer@eclife.org)

**FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.**

My action step is \_\_\_\_\_.

This coming week, I will encourage \_\_\_\_\_ to complete their action step.

Their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I will pray for the group's following prayer requests:

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