

UNSTUCK

Guilt and Shame

It's Time To Face The Music:

John 4:1-42 John 21:15-19

Not dealing with the **past**, robs us of our **future**.

How To Deal With Our Past:

1 John 1:9 1 John 2:1-2 Luke 19:10 Hebrews 7:24-25 1 Peter 2:24 Revelation 12:10,
1 Peter 5:8 John 10:10 Romans 7:24-25 Romans 8:1-2 1 Timothy 2:5-6

- ▶ We will have to **face the truth**.
- ▶ We will have to **accept the truth**.
- ▶ We will have to accept **grace**, not **guilt**.

How To Move Forward:

Revelation 12:10-11 John 8:31-32 Ephesians 5:8 Galatians 5:1

Our past **will be** Satan's **greatest weapon**,
or God's **most powerful tool**.

Growth Group Homework

For the week of October 4, 2015

GETTING TO KNOW YOU

1. If you had to make an “ultimate mix tape” what bands or songs would be on your playlist?

What one or two bands or songs would you eliminate from history if you were given the choice?

2. What’s your first reaction when you hear that in spite of our past, we are loved by God and have purpose?

3. Looking back at your notes from this week’s teaching, was there anything that particularly caught your attention, challenged or confused you?

DIGGING DEEPER

1. For some of us, guilt and shame are a part of our past that still impacts us today. This can cause us to ignore our past or keep it hidden to try to avoid it. Ironically, one of the cures for our guilt and shame can be the thing we’re most intimidated to do, expose it. How do the following verses detail what illuminating guilt or shame looks like?

Psalm 32:5

⁵ Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, “I will confess
my transgressions to the LORD.”
And you forgave
the guilt of my sin. [NIV]

Psalm 51:1-2

For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.

² Wash away all my iniquity
and cleanse me from my sin. [NIV]

Proverbs 28:13

¹³ Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy. [NIV]

James 5:16

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. [NIV]

How do the above verses highlight why getting rid of guilt and shame is so important?

Which of these verses is hardest for you to accept and why?

2. One of the surest ways to stay stuck is to not take a look at our own life and acknowledge we may be causing the problem. What behaviors do you see in the following verses that may keep people in a victim role and how do we stay stuck in similar ways today?

Exodus 32:19-24

¹⁹ When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain. ²⁰ And he took the calf the people had made and burned it in the fire; then he ground it to powder, scattered it on the water and made the Israelites drink it.

²¹ He said to Aaron, "What did these people do to you, that you led them into such great sin?"

²² "Do not be angry, my lord," Aaron answered. "You know how prone these people are to evil. ²³ They said to me, 'Make us gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don't know what has happened to him.' ²⁴ So I told them, 'Whoever has any gold jewelry, take it off.' Then they gave me the gold, and I threw it into the fire, and out came this calf!" [NIV]

1 Samuel 15:10-23

¹⁰ Then the word of the LORD came to Samuel: ¹¹ "I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions." Samuel was angry, and he cried out to the LORD all that night.

¹² Early in the morning Samuel got up and went to meet Saul, but he was told, "Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal."

¹³ When Samuel reached him, Saul said, "The LORD bless you! I have carried out the LORD's instructions."

¹⁴ But Samuel said, "What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?"

¹⁵ Saul answered, "The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest."

¹⁶ "Enough!" Samuel said to Saul. "Let me tell you what the LORD said to me last night."

"Tell me," Saul replied.

¹⁷ Samuel said, "Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel. ¹⁸ And he sent you on a mission, saying, 'Go and completely destroy those wicked people, the Amalekites; wage war against them until you have wiped them out.' ¹⁹ Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?"

²⁰ “But I did obey the LORD,” Saul said. “I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king.²¹ The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the LORD your God at Gilgal.”

²² But Samuel replied:

“Does the LORD delight in burnt offerings and sacrifices
as much as in obeying the LORD?

To obey is better than sacrifice,
and to heed is better than the fat of rams.

²³ For rebellion is like the sin of divination,
and arrogance like the evil of idolatry.

Because you have rejected the word of the LORD,
he has rejected you as king.” *[NIV]*

Genesis 3:8-13

⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, “Where are you?”

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”

¹² The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.”

¹³ Then the LORD God said to the woman, “What is this you have done?”

The woman said, “The serpent deceived me, and I ate.” *[NIV]*

Which of these behaviors are you most likely to fall into if you're not careful?

3. The apostle Paul (an ex-terrorist who used to capture and kill Christians) is a great example of God using someone's past for a greater purpose. Despite some trying circumstances, Paul's perspective was that his past could be useful to God's plan and purpose. How do we see Paul using his past as a tool for God that we could similarly apply to our life today?

Philippians 3:12-14

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. *[NIV]*

Philippians 1:12-14

Paul's Chains Advance the Gospel

¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. ¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear. [NIV]

1 Timothy 1:12-17

The Lord's Grace to Paul

¹² I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. ¹³ Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. ¹⁴ The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

¹⁵ Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. ¹⁶ But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life. ¹⁷ Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen. [NIV]

How does the way Paul used his past differ or align with how you use yours?

TAKING IT HOME

Looking back at this week's teaching is there an event from your past you'd like to make useful to God in the following weeks?

Prayer Requests:

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REAL MAN WEEKEND: OCTOBER 9-11

Our Real Man Weekend for the Oakbridge Experience is set for October 9-11. The weekend will include plenty of man event options (paintball, golf, sports, mountain biking, sleeping & eating, etc.). Cost is \$189-219. Space is limited. Don't delay! Register by Wed., Oct. 7, online at northcoastchurch.com/men.