



5 LIES ABOUT OUR IDENTITY

# IDENTITY THEFT

## WEEK 5 | LIFE GROUP DISCUSSION QUESTIONS

### CONNECT

- Do you have a funny story about an embarrassing moment from your life? Be brave, share your story, and laugh together with your group.

### CONSIDER

- What encouraged or challenged you from the sermon and/or daily devotions this week?
- Looking back over the Identity Theft series, what has impacted or resonated with you the most?

### CHRIST

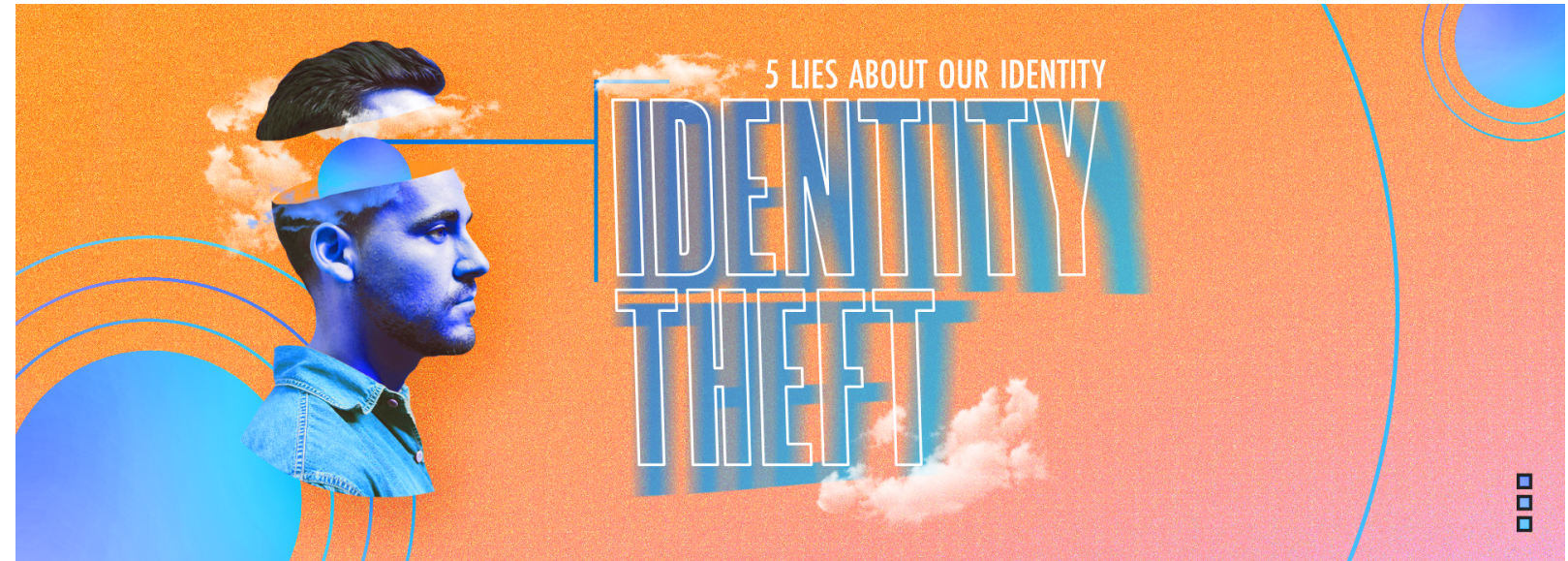
- Counselor Brad Hambrick defines guilt and shame as, “Guilt is a sense of legitimate condemnation in response to personal sin and says, ‘I did something wrong.’ Shame is a sense of illegitimate condemnation in response to suffering and says, ‘I am marred or inherently unacceptable.’<sup>1</sup> **In your own words, how would you describe the difference between guilt and shame? What (kinds of) things have you felt guilt and/or shame about?**
- The lie of “I am nothing less than my worst moment” traps us in guilt and shame. Our value is then determined by what we have done or failed to do, and not who God says we are. **Why do you think we attach guilt and shame to certain sins more than others? From your own experience or from observing others, what are the spiritual dangers or long term effects of holding on to guilt and shame?**
- When we experience guilt and shame, we often respond by dismissing it, hiding it, blaming it on others, or wanting to make others pay for it. **Which of these (or add your own) is your go to response with guilt and shame? Why?**

Read Psalm 32:1-5, Psalm 51, & James 5:16 as a group.

- The main cure to guilt and shame is the thing we’re most intimidated to do, expose it. **What do you learn from these passages about getting rid of guilt & shame? Write down your group's answers. Which of these verses is hardest for you to live out?**

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<sup>1</sup> <http://bradhambrick.com/shamesermon/>



### Read 1 Timothy 1:12-17 as a group

- The apostle Paul (who used to capture and kill Christians) understood this simple truth, our past will either be Satan's greatest weapon or God's most powerful tool. He is a great example of God using someone's past for a greater purpose. **What do you learn about Paul from these passages? How have you seen God redeem the guilt and shame of others for His glory? How is God redeeming yours?**

### Read Psalm 103:8-12, Romans 8:1, & Hebrews 4:14-16 as a Group

- It may sound too simplistic, but Jesus is the answer to our guilt and shame. In His sacrifice, we can begin healing and let go of these things holding us down. Through Him, we can step out of darkness and into the light without fear. Perfect love casts out the fear of guilt and shame leaving only love and grace (1 John 4:18). **Specifically, how has grace showed up in your life? What obstacles have stood in the way of you accepting God's grace?**
- Grace is not just for our guilt and shame. **When we encounter the brokenness of others, how do we respond with grace? What are some practical ways to help others trapped in the lie "I am nothing less than my worst moment?"**
- **Where do you need grace right now, or who do you need to offer grace to?**

### CALLING

- What is causing you guilt and shame today? Yelling at your kids? Unavailable at home? Overindulgence? Dishonesty? Holding on to past mistakes? Read through Psalm 51. Bring these things out into the open before God and begin accepting His grace and forgiveness.
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text JOINGOD to 81411 or use the Study tab in Northside's App for Daily Devotions.
- **Memorize:** "Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1
- **Further Study:** Read The Grace of God by Andy Stanley