

# CLEANING HOUSE

## PART 5: SHAME

**INTRODUCTION:** Imagine you are standing in the closet of your heart. You are taking an inventory of all of your habits, relationships, beliefs, memories, thoughts, words, and actions. Throughout this series we have discussed several things that start to creep in and live in our hearts including envy, anger, greed and lust. Today, in our final episode, we want to truly crawl into the deepest darkest crawl spaces to bring light into the most hidden places of our hearts. These places often hold guilt over the mistakes we've made but they also store our shame which attempts to shape our belief about who we are, leading us away from God and the life for which He designed us.

### DISCUSSION QUESTIONS:

1. Read Genesis 1:27, 31 and 2:25. What do these verses teach us about God's original design for us?
2. Read Genesis 3:7-10. What was Adam & Eve's gut response to the mistake that they made? Can you relate? How do they handle their guilt? How about their shame?
3. Read Psalm 32:2-5. Have you ever experienced the weight of regret that David describes in verses 3 and 4? Have you ever experienced the relief he describes in verses 2 and 5?
4. Luke 19:10 reminds of why Jesus came to earth, "For the Son of Man came to seek and to save the lost." Now read Luke 19:1-10, the story of Zacchaeus that ends with this powerful verse. Zacchaeus had every reason to feel shame. His lifestyle as a tax collector in their culture was equivalent to being a traitor, a thief and the epitome of greed all in one. Despite his shame, how does he choose to behave when he hears that Jesus is coming to town? Compare this to Adam & Eve's response to their shame? What does this teach us about the love of Jesus? How should we respond in light of this beautiful truth?
5. One final time for this series, read Psalm 139:23-24 as a prayer to God. If this episode has brought to the surface any shame in your heart, either from your own mistakes or the mistakes of others in your life, take some time now to write out what you're feeling. Once it's on paper, consider who could provide a safe place for you to be vulnerable about these things.

