



Grown Up Monsters - Week 3

“Shame says you’re disqualified. Jesus says you’re not finished.”

Icebreaker: Share a childhood "monster" or fear you had and how you overcame it.

Group Discussion Questions

1. Exploring Themes of Shame and Restoration: The sermon discussed the origins of shame in Genesis 2-3. How do you see the effects of shame in your own life, and how can understanding its biblical roots help in overcoming it?
2. Scripture Reflection: Reflect on John 21, where Jesus restores Peter. How does this passage illustrate the difference between guilt and shame, and what does it teach us about Jesus' approach to healing our shame?
3. Personal Application: In what areas of your life do you struggle with feeling "unworthy of love and belonging," as Brene Brown describes? How can inviting Jesus into these areas bring healing and acceptance?
4. Theological Implications: Discuss the difference between conviction and condemnation as outlined in the sermon. How does understanding this difference change the way you perceive God's voice in your life?
5. Community Impact: How can our church community create an environment where people feel accepted and loved, rather than ashamed or rejected? What practical steps can we take to foster this kind of community?
6. Call to Action: What is one specific way you can respond to the sermon's message this week, either in your personal life or in service to others? Consider sharing your plan with the group for accountability and encouragement.



Grown Up Monsters - Week 3

"Shame says you're disqualified. Jesus says you're not finished."

Scripture Exploration

- Read Genesis 2:25. What does it mean that Adam and Eve felt "no shame"? How does this contrast with their experience in Genesis 3?
- In John 21:1-19, how does Jesus interact with Peter after his resurrection? What significance does this interaction hold?
- How does the concept of shame manifest in the story of Adam and Eve's temptation in Genesis 3?

Personal Reflection

- What does the interaction between Jesus and Peter in John 21 teach us about restoration and forgiveness?
- Consider the roles of "deceiver" and "accuser" as described in Genesis 3. How do these roles impact your understanding of shame in your life?
- How does the idea of acceptance, as discussed in the sermon, change your perspective on overcoming shame?

Personal Application

- How can you invite Jesus into the areas of your life where you feel unworthy or ashamed?
- Identify one action step you can take this week to experience God's acceptance and extend it to others.
- Consider how shame might be impacting your community. What role can you play in fostering an environment of acceptance and restoration?