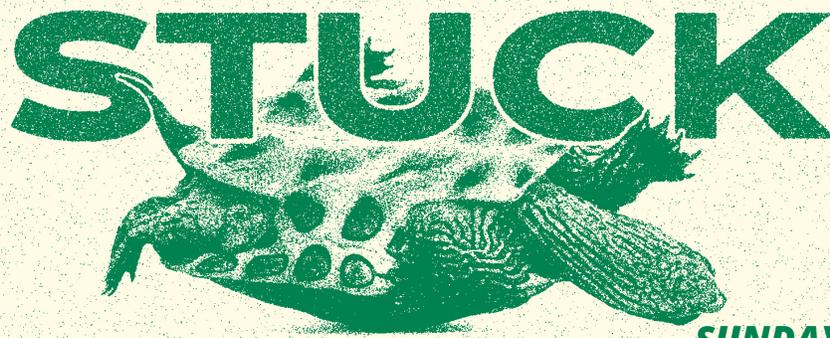


STUCK



SUNDAY, OCTOBER 17, 2021

GROUP CHECK-IN:

Part of the rhythms of us as a group is to move beyond just *learning* but moving through life together. This space to start is a great way to begin to move into sharing rhythms, trusting, and being faithful with the relationships entrusted to us.

As this series delves into some topics that can be heavy and perhaps triggering, we want to start by recapping the house rules Brannon gave us to start this series. These will help guide you and hopefully shape a safe environment for the Holy Spirit to move full of *grace and truth* (John 1).

1. House Rule #1: Any conversation around mental health should be grounded in love. (1 Corinthians 12: Jesus never shames sufferers)

- Reminder: we may all have different *ways* to understand how we deal with mental health, but shaming someone who comes at it from a different viewpoint is **never** Gospel-centered.

2. House Rule #2: Individuals are not issues. (See: Proverbs 20:5)

- We love, we don't shame.
- We see others as people, not as their problems.

3. House Rule #3: Dimmers are better than light switches.

Before you continue, stop to pray for one another and that the Holy Spirit would lead your **conversation** and **listening**. Ask Jesus to be glorified in your time together.

SERIES OVERVIEW:

Stuck will deal with the question “*What prevents me from doing that? How do I get stuck?*” We are going to deal with the topics of anxiety, fear, shame, and worry. The bottom line in how we approach all of this is ***silence is not a solution.***

SUNDAY RECAP:

This start to our series “Stuck” dives into dealing with some difficult topics where our solution is not to be silent. Pastor Brannon Marshall continues week three of “Stuck” talking about shame. We opened up God’s Word to hear from Luke 15 and to help us understand that shame leverages past failures to prevent future acceptance but grace interrupts and says “Welcome Home.”

CONVERSATION QUESTIONS:

- When you read Luke 15:1-2, what stands out to you in the posture of Jesus and the posture of the Pharisees?
 - *Take a moment to pause and ask the Holy Spirit to consider your heart. Ask Him to show you what it means to posture yourself like Jesus rather than like the Pharisees.*
- The parable Jesus told contrasted the heart of the Father with the posture of the older brother. ***God doesn’t need you to be His lawyer, defending His honor to people who don’t deserve it. God wants you to be His son, celebrating His love in front of people who need to hear it.***
 - ***Do you tend to lean towards needing to defend God’s honor or lean towards celebrating God’s love?*** Make space to listen, be honest about the tension in your own heart and within the group. If you need, pause and ask the Holy Spirit to guide and Jesus to be made much of.

- Pastor Brannon walked through the difference between hearing God's voice and hearing the enemy's voice. Spend time talking about this as a group (or pondering it individually.) Are there ways that you struggle to see yourself separate from what you have/are doing? Are there ways you struggle to see others separate from what they have/are doing?
- Talk about the idea of toxic shame, guilt, and conviction. Have you ever thought about these three in this way before?
 - **Toxic shame:** *It's accusatory. Here's what you need to know: Toxic shame is from our enemy. Always. The enemy wants to destroy me and he starts by convincing me that God couldn't possibly love me.*
 - **Guilt:** *Guilt is what happens when I discover that sin wasn't worth it.*
 - *Guilt is when my eyes open to the emptiness of whatever it is back here. That's guilt.*
 - *And – probably the most important distinction, guilt isn't tied to my identity, but my action.*
 - **Conviction:** *What Paul calls "godly sorrow" in 2 Corinthians 7:10. Conviction is not from the enemy, it is the work of the Holy Spirit in the lives of Christians.*
 - *Conviction happens after I sin.*
 - *Conviction helps me feel the weight of my sin so I don't repeat it. It's teaching me something.*

EVERY DAY TO EVERYONE:

This series will shape our closing section a little differently. We want to give a helpful tool as well as an open invite.

If you are dealing with shame, feeling stuck, have felt as though you cannot talk about it - we want you to know you are seen and you are loved. We would love to have a conversation with you. Whether it is to sit and talk or walk with you to find the help you need in your battle, please reach out to us.

You can email Matt Brumfield, Online Community Pastor at matt@ncchapel.com or text/call at 330.285.2821

1. ASK

Look at the shame in your life (either that you deal with from your own life or from others' words, or in the way in which you act towards others - are your words/ actions ones of shame?)

Ask yourself: ***"Is this voice accusing me or is this voice loving me?"***

- Because of Christ, your Heavenly Father will never accuse you.
- Because of Christ, your Heavenly Father will never condemn you.
- Because of Christ, your Heavenly Father will never shame you.
- Because of Christ, your Heavenly Father will only ever speak love to you.

2. RUN

Brannon mentioned shelter verses, verses that God uses to provide shelter from the storm. Maybe you don't deal with shame - but maybe God wants to help you provide shelter verses to offer freedom from the storm. Identify verses God has used in your life, or make space to ask the Holy Spirit to guide you and provide you with verses to equip you to be faithful to the relationships He has entrusted to you.

For a starting point, here are the verses Pastor Brannon mentioned:

- 2 Corinthians 5:17, Micah 7:18-19, Jeremiah 31:34, Galatians 2:20

3. HIDE

Look over your every day. Identify where you tend to hide, where you tend to ride in the midst of shame or the midst of the storms of life.

“Just because we hide our shame in the wrong places doesn’t mean that our instinct to hide is completely wrong. It isn’t. We do need a place to hide, but we need to hide it in the right place.” - Jon Bloom

Ask the Holy Spirit to reveal when and where you tend to hide in the wrong things. Be intentional this week about hiding in Jesus, in His Word, above other places and spaces. **Read Psalm 32:1-7. Meditate, journal, and pray through these verses.**