



SHAME Hebrews 12:2

CONNECT

1. The stronghold of “shame” can be defined as that “feeling of despair so deep it makes one want to disappear.” Take some time with those around you and share of a season in which this definition described you. Are you still in that season? If not, what helped you move forward?

CELEBRATE

2. 2 Corinthians 10:3–5 finds the Apostle Paul addressing the reality of spiritual strongholds in our lives. What does Paul mean when he uses the term “strongholds” and what is the primary means by which we dismantle these in our lives? See Colossians 3:1–4 for further insight.
3. In Genesis 3:7–13 we see Adam and Eve acting on their guilt and subsequent shame by hiding, covering and blaming. What are ways people manifest shame in their lives? What are some accounts from the Bible that put shame on full display? Consider John 4:1–26 as one well-known example.
4. Hebrews 12:2 tells us that “for the joy that was set before Him Jesus endured the cross, despising its shame, and is seated at the right hand of the throne of God.” One might say that once and for all Jesus “shamed shame” (the cross being the ultimate instrument of shame). What was the special plan that was unfolding by which shame could be defeated on our behalf? See 1 Peter 1:3–9 for a hint as to what is this plan.
5. Why can we, with the Apostle Paul, declare of Jesus “Everyone who believes in Him will not be put to shame” (Romans 10:11)? What could it look like for you today to lay your shame before the crucified and risen Lord? “Those who look to Him are radiant, and their faces shall never be ashamed” (Psalm 34:5). Invite someone to help you.

CONTRIBUTE

6. In Genesis 3:8–9 we read of God moving toward the shamed Adam and Eve, calling to them, inquiring of their whereabouts. To whom might you go, as Christ’s loving ambassador, to help dismantle the stronghold of shame? What promises from God can you share and embody?
7. For help to dismantle spiritual strongholds in your life, see the available resources at newhopechurchmn.org/strongholds.