








## Small Group/ Reflection Notes

	<b>27.02.2022</b>	<b>Let's Talk About [It] – shame</b>
 Start	<input type="checkbox"/> What have you brought with you today from your week? e.g. an incident, a feeling, a concern, a blessing, a question...	
 Discuss	<input type="checkbox"/> What is 'shame'? Where does it come from? What does it do to us? <input type="checkbox"/> "Shame is the gap between our 'ideal self' (how we want/intend to be) and our 'real self' (how we actually are)" Do you agree? <input type="checkbox"/> Why is shame so dominant in our culture today? Why is shame the weapon of the privileged? <input type="checkbox"/> Why is there so much shame even in churches? <input type="checkbox"/> Why is there so much shame associated with sex? <input type="checkbox"/> How can/does faith in Jesus deal help deal/ heal [our] feelings of shame?	
 Read	<a href="#">Hebrews 12:1-3</a>	 Catch-up <a href="http://ChesterRoadBaptist.org.uk/Watch">ChesterRoadBaptist.org.uk/Watch</a>
 Explore	<input type="checkbox"/> v.1: How can/ does shame ' <i>hinder</i> '? How can we ' <i>throw off</i> ' its effects? <input type="checkbox"/> v.2: Why was the Cross such a symbol of shame? On the Cross, Jesus 'soaks up our shame'. For Christ, why was this something to be 'endured'? And yet, why was it also a 'joy'? How might this be like childbirth? <input type="checkbox"/> v.3: 'Consider him' help us deal with our feelings of shame? <input type="checkbox"/> How does 'Consider him' help us deal with our feelings of shame? <input type="checkbox"/> Genesis 2:25: God intended life without feelings of shame. What would your life be like without shame? <input type="checkbox"/> Read John 8:1-11. <input type="checkbox"/> Jn.8:3: What was this woman accused of? What were they doing to her? What part does 'shame' play here? What must <i>they</i> have been doing to catch ' <i>in the act</i> '? How many does it take to 'commit adultery'? Why was only the <i>woman</i> charged? What does that say of <i>their</i> use of Scripture? <input type="checkbox"/> Jn.8:5: Why were the stakes so high for this woman? <input type="checkbox"/> Jn.8:6: What was their <i>real</i> agenda? How did Jesus respond to it? <input type="checkbox"/> Jn.8:7: How does Jesus thwart the Pharisees? What's the lesson for us? <input type="checkbox"/> Jn.8:8: Why did Jesus have to repeat his actions? What are <i>we</i> still slow to understand? <input type="checkbox"/> Jn.8:11a: Why was Jesus words so powerful? For the woman? For the Pharisees? For those on the fringe? For us? <input type="checkbox"/> Jn.8:11b: When we say, " <i>yes, but..</i> " Jesus said, ' <i>Go now and leave your life of sin</i> ', why are we showing we still haven't understood what Jesus was saying/ doing here? "Monogamy is not just 'Don't have sex with someone other than	

	<p>your partner', it's also DO have sex with your partner." What happens if only the negative is taught or experienced? Why is sex important in a monogamous relationship?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> What's the difference between a <i>marriage</i> and a <i>wedding</i>? To what extent can you have one without the other?</li> <li><input type="checkbox"/> What's more important for a couple, having a wedding certificate or living faithfully/ monogamously together?</li> <li><input type="checkbox"/> Does the Bible's teaching on faithfulness/ monogamy only apply to opposite sex attracted/ heterosexual couples?</li> </ul>
 Go further	<ul style="list-style-type: none"> <li><input type="checkbox"/> Why do some today more often find it easier to identify with <i>shame</i> than <i>sin</i>?</li> <li><input type="checkbox"/> What's the difference between <i>sin</i> and <i>shame</i>? <i>Salvation</i> and <i>liberation</i>? <i>Forgiveness</i> and <i>healing</i>?</li> </ul>
 Reflect	<ul style="list-style-type: none"> <li><input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention?</li> <li><input type="checkbox"/> Which verse(s) will you need to think more about? Why?</li> <li><input type="checkbox"/> How do you listen more to what Jesus, THE Way, THE Truth &amp; THE Life, says about you, than to other deceiving shaming voices?</li> </ul>
 Do	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask to read Danny Brierley's "workings out", Responding biblically to same-sex relationships.</li> <li><input type="checkbox"/> Explore Creating Sanctuary, a resource created/ used by a number of Baptists, to make our churches safer places for LGBT people <a href="http://CreatingSanctuary.org.uk">CreatingSanctuary.org.uk</a></li> </ul>
 Pray	<p><i>Gracious and Compassionate Jesus,</i></p> <p><i>When I fix my eyes on You, Jesus, I _____. Thank you for soaking up my _____.</i></p> <p><i>When I feel ____ I choose to listen instead to what You say about me, which is _____.</i></p> <p><i>Forgive me when I have _____. Fill me with Your _____. Give me courage and strength to _____.</i></p> <p><i>Amen</i></p>
 My questions:	

If you're not yet in a small group, why not join one! Check out: [ChesterRoadBaptist.org.uk/SmallGroups](http://ChesterRoadBaptist.org.uk/SmallGroups)  
Can't see a group to suit your availability/interest? Start one! [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk)

Chester Road Baptist Church, Chester Road, Sutton Coldfield, West Midlands, B73 5HU  
☎ 0121 350 2779 ✉ [office@ChesterRoadBaptist.org.uk](mailto:office@ChesterRoadBaptist.org.uk) 🌐 [ChesterRoadBaptist.org.uk](http://ChesterRoadBaptist.org.uk)

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