

Shame vs. Rebirth | Search for Significance #5

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Shame is a common emotion for us. It's birthed from a sense of failure or not measuring up to what we want to be. Shame convinces us we can't ever change.

Video Highlights:

- When we feel hopeless, it's easy to play into the lie that we will always be hopeless. It can trick us into making choices that only makes our lives worse.
- Believing this lie can make us want to sabotage ourselves. We might turn to bad things to try and numb the pain. This causes even more harm and it's a cycle that is hard to escape.
- The good news is we are made new in Christ. The Bible says that when we come to Jesus, he makes us new people.

We aren't limited by just our own will to change. We are made new with the power of the Holy Spirit who takes up residence in our hearts and helps us to live for God ([Romans 5:5](#)). Our past is forgotten and our story begins anew through Jesus. Shame and hopelessness turns to hope and healing. God isn't holding our pasts over our heads so neither should we. We're free.

Discussion Questions:

1. *Watch the video together or invite someone to summarize the topic.*
2. *What is your initial reaction to this video? Do you disagree with any of it? What jumped out at you?*
3. *Can you relate to the sentiment that you can't ever really change? Explain.*
4. *Why is true change hard to bring about? What are obstacles that stop you from making true change?*
5. *What are some other common ways people self-sabotage when they feel worthless and hopeless? How have you self-sabotaged in the past?*
6. *Read [2 Corinthians 5:17](#). What does this verse say about our ability to change? Why is it significant that we are new creations in Christ?*
7. *Read [Ezekiel 36:26-27](#). What does this passage say about our ability to change? How does the Holy Spirit help us?*
8. *Read [Titus 3:4-7](#). This passage says we have a new birth in Christ. How should you view your past failings in light of these verses?*
9. *Moving forward, how should you look at your past? What will you do with your feelings of shame and hopelessness?*
10. *Write a personal action step based on this conversation.*