

# Until We Come Back

## Talk Sheet

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### *The Weight of Shame*

#### Introduction:

Guilt and shame are two things every person has felt at one time or another. However, through Jesus we have forgiveness of our sins so we shouldn't feel guilt and shame long-term. What we do has an effect on others but through Christ we can repair those relationships that we have hurt.

#### **Talk Points:**

- Guilt is an \_\_\_\_\_ we have when we've made a \_\_\_\_\_.
  - Shame is an \_\_\_\_\_ feeling about oneself that comes from \_\_\_\_\_ to live up to your own or someone else's \_\_\_\_\_.
  - \_\_\_\_\_ produces movement toward \_\_\_\_\_ and away from offenses against Him.
  - When is a time you have felt guilty? Shame?
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#### **Things To Ponder:**

- Our actions can make others feel bad and, in our compassion, we feel guilt and want to make it right.
- Shame makes you see yourself as a bad person. You did not make a mistake; you are a mistake.
- When we fail to bring the guilt of our wrongdoings to Jesus, we allow shame to overtake us.

#### **Apply What You Heard:**

How does knowing how God sees you and that He wants to carry your burdens change how you see yourself and how you live?

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#### **Reflect:**

*So I will give him a place of honor among those who are great. He will be rewarded just like others who win the battle. That's because he was willing to give his life as a sacrifice. He was counted among those who had committed crimes. He took the sins of many people on himself. And he gave his life for those who had done what is wrong.*

**Isaiah 53:12**