

EVERY & YOU GOES W/ SUNDAYS



CURRENT SERIES:



!ANNOUNCEMENTS!

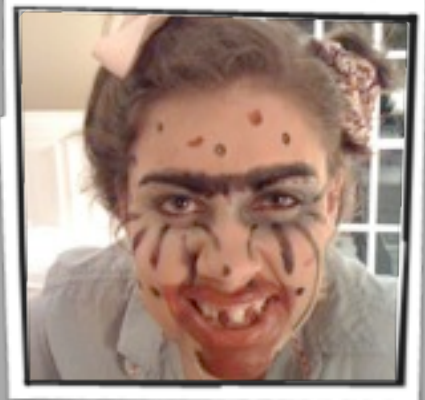
→ Help us collect **The Mix** registration forms from your students! Encourage them to get them turned in ASAP!

CALENDAR:

- THE MIX- February 26-28
- The Mix Leader- Tonight February 21 at the AC Office. **DINNER WILL BE PROVIDED!**

ATHENS CHURCH
THE FOUNDRY BUILDING
330 N. Thomas St.
Athens, Ga 30601

!PICTURES!



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You Pick: No Guilt. No Shame.

Bottom Line: God never intended for us to have shame. He intended for us to be completely free from sin, therefore, free from shame.

Message Overview:

Shame - A painful feeling of humiliation. We have all felt shame to some extent, some more than others. Maybe it's feeling embarrassed for getting the wrong answer in school, not making the team, not getting the part, getting broken up with, getting rejected, sining over and over again, whatever the case maybe all of our students, to some degree have felt shame. With that said, many of our students are caring shame from their past that they have not dealt with, primarily because they aren't really sure how to handle it. What many of our students fail to realize is shame is a tool used by Satan to whisper hopelessness into every area of our lives. Satan deceives us into sinning and then uses shame to lead us in a direction away from the truth- and ultimately from God. In our students attempts to deal with shame they turn to things that gives them temporary satisfaction but in the end the pain is still there, the pain is still real and draining. **The goal this week is to lead our students to the understanding that there is no shame for those who are in Christ. Christ died for our sins and God never intended for us to carry the burden of shame- when he looks at us, he sees Christ.**

Scripture References: Genesis 3:6-10, Romans 8:1

Questions:

- 1.) Talk about a story that is funny now but when it happened it was a pretty embarrassing moment for you?
(Leaders- this is meant to be more of an icebreaker.)
- 2.) How would you define shame?
- 3.) Have you ever done something that you weren't proud of? How did that make you feel? Did you feel shame?
- 4.) Why do you think Satan uses shame as a tool? What are some things Satan whispers to you through your shame? (you're a bad person, you're the only one, no one will want you, you can't be pure etc.)
- 5.) Why do you think Adam and Eve hid from God? What are some things that make you want to hide from God? Is it even possible to hid from God or to hide anything from God?
- 6.) What are some things that you have tried before to cope with your shame? (tried to do things that distracted you, kept it all bottled up inside, pretended like nothing ever happened, tried to rationalize) What is the problem with trying to temporarily trying to cope with our shame?
- 7.) What would someone's life look like filled with shame? What would someone's life look like if they believed that God doesn't see our shame but see Jesus Christ in us?
- 8.) What is the danger of continuing to live in shame?
- 9.) How would your life be different if you lived life believing that God never intended for us to feel shame? What would change? How would it lead you to act?

The Next Step:

X/IO: Jesus Christ said this about our shame- "It is finished." What are things that you feel shame about? This week write out everything that you feel shame about, write down an experience in which you feel shamefulness and then with a sharpie over the shameful feeling, write "It is finished." And BELIEVE it. Share this will your small group leader if you feel comfortable.