

Study QUESTIONS

Ep.1336: How Do We Cope With Feeling Shame?

<https://christianquestions.com/character/how-do-we-cope-with-feeling-shame/>

See:  CQRewind
SHOW NOTES

1. What is shame? What are the differences between guilt and shame? (Luke 14:8-9, Ted Talk)
2. **The Samaritan woman's shame:** (John 4:5-8, 25-30, 39-42)
 - a. What was the relationship between the Jews and the Samaritans?
 - b. Describe the woman's situation. Why she was at the well, her life story, her position in society.
 - c. How did Jesus react to her? Why was everything about his reaction unusual?
 - d. Why was this a life-changing event for her? What were the repercussions from Jesus' dealings with her?
3. **What thoughts, things or actions bring us shame before God? Explain the results from these actions:**
 - a. Adam and Eve (Genesis 2:25, 3:7-11, 21-23) *Disloyalty to the Creator*
 - b. Deeds of the flesh (Galatians 5:19-21) *Participating in things exciting to the world but anathema to God*
 - c. Spiritual shame (Revelation 3:17-18) *Watering down the sanctity of our discipleship*
(Other examples of spiritual shame: Philippians 3:17-20, 2 Corinthians 4:1-2)
4. **Shame as a tool for correction – Expand on these positive examples. How can we:**
 - a. Confound those outside our ministry who are critical (Titus 2:6-8)
 - b. Use shame as a reset tool for group priorities (1 Corinthians 4:8, 10-14)
 - c. Use shame to wake up Christians to their responsibilities in earthly matters (1 Corinthians 6:1-6)
 - d. Use shame to wake up Christians to their responsibilities in spiritual matters (1 Corinthians 11:17-22)
 - e. Use shame carefully as a tool for growth and maturity (2 Thessalonians 3:6-7, 11-15)
5. **Rising above shame:**
 - a. How can we “tame” our shame? (2 Corinthians 10:4-5)
 - b. How can we deal with anxiety, depression and shame? How do we make this practical; how do we “take every thought captive?” (1 Peter 5:6-7, Romans 15:1-3)
 - c. What was Jesus' example to us on the cross – his attitude and his behavior? Note especially the difference between “tolerating” and “enduring.” (Hebrews 12:2-3)
 - d. How can we use these four scriptural ways to deal with our own shame? Expand on each:
Meditate on Jesus' fortitude: (Hebrews 12:1-3)
Follow Paul's example: (2 Timothy 1:8-12)
Accept our shame in the eyes of others: (1 Peter 3:13-17)
Embrace that we are Jesus' true disciples: (1 Corinthians 1:25-29, 2 Corinthians 12:7-9)
6. **How have you dealt with shame in your life? How could you improve your reaction to shame?**
 - a. The shame that comes from others; either deserved on your part, or not.
 - b. The shame that comes from within us with little basis in fact, but devastating, nonetheless.