

Questions for discussion or reflection

[designed to be used individually or for discussion]

What key points from Living Free parts 1 & 2 have made an impact on you so far?

Why does grace enable us to be transformed?

What are the dangers of applying Biblical tools for transformation (repentance, forgiveness) in a culture of religious judgement & punishment?

Which of the 3 aspects of shame (God, self, social) are a struggle in your life?

How do you know when you're hiding from God?

When do you feel most confident?
When do you feel least confident?

Is it easy to hold on to the hope of heaven in your work/school/community friendships?

What are some of the worldview around us that undermine or reject the hope that we have?

Why is it important to focus on what God has done for us, before we start to think about how we can live free from shame?

Try the: *“Hold - Stand - Look up - Receive”* model of prayer for a week and then share with someone how it's impacted you.

Freedom from Shame

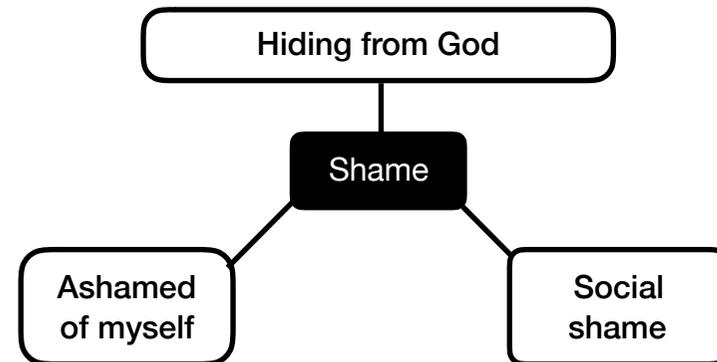
Romans 5v1-11

Recap on Living Free parts 1&2

1. Romans 8 - What is freedom ? Free from & Free to.
2. Psalm 89 & 2 Kings 6 - 2 Realms: Heaven & Earth

Transformation only happens where grace is valued over punishment

Accuser or Advocate?



Romans 5:1-11 (ESV)

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and

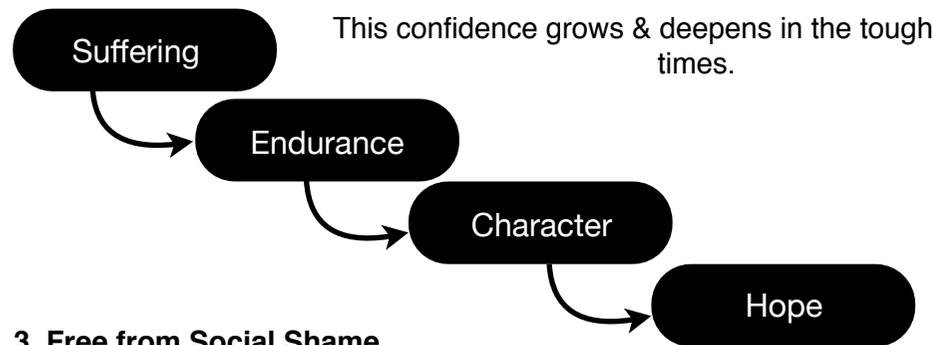
hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

6 For while we were still weak, at the right time Christ died for the ungodly. 7 For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— 8 but God shows his love for us in that while we were still sinners, Christ died for us. 9 Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. 10 For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. 11 More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

1. Free from Shame - No need to hide from God!

2. Free from being ashamed of myself.

Our confidence is not in ourselves - but in God.



3. Free from Social Shame

'HOPE DOES NOT PUT US TO SHAME'

Romans 5v5

"Let me not be ashamed"

Psalms 4v2, 22v5, 25v2,3,20, 119v116 (& many more)

The Old Testament was mostly written in the midst of conflict with enemies. Each nation's identity was linked to its belief in the supremacy of their god.

The New Testament was mostly written in the midst of persecution and suffering for believing in Jesus. Each new believer's identity as a disciple of Jesus was rooted in their hope of eternity with him.

HOW? [the verbs]

What God has done for us.

Justified

Reconciled us

Loved us unconditionally

Poured his love into our hearts

How we can live free from shame

HOLD - *We have peace with God*

STAND - *The grace in which we stand*

LOOK UP - *Rejoice in our sufferings*

RECEIVE - *God's love has been poured into our hearts through the Holy Spirit who has been given to us*