



WORKING THROUGH OUR PAST DEALING WITH SHAME

Week 10 | Working Through Your Past: Dealing With Shame Discipleship Groups

As you start your discipleship group, pray for each other. Pray that God would continue to teach and transform us as we go through these Spiritual practices. Pray that your group would feel the freedom to be honest about where you have grown this week and where you have faced difficulties.

Continue with 10-15 minutes of prayer and walking through Scriptures related to shame. Have each person look for specific passages on shame and share them with the group. Pray through the truths that you've learned together.

- **Why is shame such a big deal as we talk about discipleship and growing together as a community?**
- **Answer for your gender: what are some things that men and women typically feel shame over?**
- **What are healthy ways for our discipleship group to help deal with the issue of shame? How does God want to strengthen us in this area?**
- **How do you think God wants to transform you personally in the area of dealing with your shame**

Everyone has their own battle with shame. Commit to praying for one another in this area outside of your meetings, and then share what you have prayed with each other.