

TRAPS AND TROLLS

GROUP GUIDES WEEK ONE- TRAP OF SHAME



Sentence

Safely sidestep the traps in your way by walking in grace and forgiveness.



Story

Share a guilty pleasure you avoid telling others or have even lied about enjoying...

"Liking candy corn..."

"Watching Real Housewives or the Kardashians..."

"Eating dessert for dinner..."

"Playing late night (like really late) video games..."



Set-Up

Mark 5

The devil uses shame to separate us from God by isolating us. In Mark 5 we are given an example of the torment this isolation brings through the story of a woman whose medical condition fills her with shame. After exhausting all options and in a moment of desperation she takes a risk pushing through a crowd and reaches out to touch the robe of Jesus, healing her instantly.

Read [Mark 5:24-34](#)

Why do you think the woman was fearful of Jesus after He healed her?



Search

Read [Romans 10:11-13](#)



Verse 11

What is the difference between feeling shame and "never being put to shame?"

Where does shame come from?

(i.e. the devil, embarrassment, insecurity)

➔ Verse 12

How does your view of God shift depending on if the focus is you or someone else? (*i.e. do you believe God forgives others but not you, or that others do not have to earn God's love, but you do*)

In what ways has the Lord richly blessed you?

➔ Verse 13

Why do you believe God can set you free from your shame?
If not, what is keeping you from fully surrendering your shame to Him?



Solution

1. How will you begin to walk like you truly believe Jesus sets you free?

- Read **Romans 8:1-17**
- Write "You are chosen!" on a notecard and pray it over yourself daily (*i.e. maybe on a post-it placed on your mirror, dashboard, desk, or fridge*)
- Memorize or daily meditate on **1 Peter 2:9-10**
- Other _____

2. What steps can you take to behave like you are no longer stuck in sin and shame?

- Memorize or daily meditate on **John 8:31-36**
- Fast one day this week and spend time praying for freedom from a particular persistent sin in your life
- Other _____



Send Out

Break into groups of 2-3 (same gender if a coed group), discuss what your relationship with shame looks like (i.e. all consuming or occasional thoughts, and what they keep you from becoming) and how you will surrender your shame to God. Make a plan to connect with each other in-person, call, or text this week.

Pray together.