

THE DISCIPLINE OF PRAYER: GUILT AND SHAME

Psalm 130

MAIN IDEAS FROM THIS WEEK

1. DEALING WITH GUILT AND SHAME REQUIRES A STANDARD
2. DEALING WITH GUILT AND SHAME REQUIRES A NEW REDEEMER
3. DEALING WITH GUILT AND SHAME IS A PROCESS

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. This week Pastor Ryan talked some about the difference between guilt and shame. Guilt is more specific and external while shame is more vague and internal. What are some ways our culture deals with guilt and shame? What did this week's message teach you about handling guilt and shame?
3. How do you deal with guilt and shame?
4. The first main idea this week was that "Dealing with guilt and shame requires a standard." Why is this the case? What are some problems we encounter when addressing our guilt and shame if we don't have a standard?
5. The reason we need a "new" redeemer is because we are all already putting our hope in something or someone as our redeemer. We are already putting our hope in something to help us deal with this life. What are some things you look to for help in dealing with life?
6. The final idea this week was that "Dealing with guilt and shame is a process." Do feel like you are in a time of waiting for God right now? What does it mean to "wait" on the Lord? What are some ways that waiting for God is like waiting for the sun to rise in the morning?
7. **OPEN DISCUSSION:** Take some time to talk about the ideas of guilt and shame. You can discuss your personal experience of them, cultural and biblical understandings of them and solutions to deal with them. You can also discuss what you learned from this week's teaching and what role prayer plays in handling guilt and shame.

A TRUTH TO TAKE WITH YOU: Jesus knows exactly what YOUR PERSONAL guilt and YOUR PERSONAL shame feels like.