

SOUNDTRACKS

SOUNDTRACK OF SHAME

GET TALKING

If you could choose a life theme song which would it be? (Examples: Running On Empty, All You Need Is Love, Wrecking Ball, Brave)

MESSAGE HIGHLIGHTS

- What causes our baggage? Something done to us or taken from us; something done by us
- What we do with baggage: stuff it, hide it, blame it, push it
- Shame sabotages our relationship with God and others
- A path forward: come humbly, be known, believe and trust, reorient your self-perception

DIG IN

- What is the biggest cause of your baggage? Something done to you or taken from you, or something done by you?
- What are you most inclined to do with your baggage - stuff it, hide it, blame it, or push it?
- In order to combat the lies in our lives we need to “be known;” we need to bring the lies out into the light. What keeps us from being honest about our shame or the lies we are believing?

Read Romans 8:1-11, 31-37

- Look in Romans 8:1-11. What truths do you find in these verses and would dispute the lies of sin and shame? (For example: verse 1 -no condemnation)
- Now look at Romans 8: 31-37. What truths do you find in these verses about God and how He sees us? (For example: verse 37- more than conquerors through Christ)
- How can we incorporate these truths in how we pray for our circumstances and for the people around us? How can our group remind us of and rehearse the truth for each other?

BIG IDEA: Find your identity in Jesus, not your shame.

NEXT STEPS

The soundtracks of shame and the soundtracks of truth! Both are powerful tools - one for evil, and one for good! One can discourage, distract, cripple or even destroy us. The other can encourage, heal, restore, empower and bring freedom to us. So here is the question - where is your soundtrack of shame coming from? What is God telling you? **STAND ON GOD'S TRUTH THIS WEEK!**

Prayer

In your prayer time, pray some of the “truths” that you discovered in Romans over the circumstances and people in your group.