

# The Hope for Real Change

## SERMON NOTES AND DISCUSSION QUESTIONS

### I. Introduction:

- a. Four shadowy Feelings

### II. The Problem of Shame

- a. Shame corrodes the very part of us that believes we can change and do better - Brené Brown
- b. The hopelessness of Shame. If you only knew ...

### III. A Testimony of Hope

- a. Bill Root: A Report from the Mission Field

### IV. Real Transformation is Possible (an unequal partnership)

- a. First, understand what we signed up for
  - i. 269:3
  - ii. Romans 12:1-2
- b. Second, Our Part
  - i. The Christian life is not about trying harder to be a good person. It is about training more wisely so that Jesus' way of life gets formed in us.
  - ii. A goal without a plan is just wishful thinking!
  - iii. CHAIN (Choice, Habit, Automatic, Identity, Nature)
- c. Third, God's Part (The Most Important Part)
  - i. True Repentance: Where shame gets undone!

### V. Conclusion: God's Valuation of You

## Discussion Questions

### Sharing Life Together

1. Share one of your most embarrassing moments. How easy is it for you to laugh about it now?
2. Between Embarrassment, Humiliation, Guilt, and Shame, which emotion do you feel most impacts your life and why?

### Reflecting on the Message Together

1. Guilt = I did something bad. Shame = I am bad. Do you think there is really a big distinction between these two ideas? Why or why not?
2. Brené Brown argues there is no positive value in shame. Would you agree or disagree? Why or why not?
3. How have you experienced shame in your own life?
4. Do you ever feel discouraged that real, substantive transformation just isn't happening in your own life?
5. How did Bill's report from the mission field speak to you?
6. The invitation to get on the rescue boat called Jesus is not to just be a passenger (passive participant) but part of the crew (active disciple). What do you think are some of the essential aspects of being a disciple that someone considering joining the crew should be aware of?
7. What are some of the dangers of becoming pre-occupied with our training efforts (assuming it is the most important part of our transformation)?
8. How did God speak to you through the telling of the Parable of the Prodigal?
9. What is the difference between training to be a disciple and trying to be a disciple?
10. How did God speak to you through the message?
11. How can we pray for one another?