



Cured by Christmas

The Chapel
Advent 2024
Dave Gustavsen
December 15, 2024

WEEK 3 – THE CURE FOR SHAME

OPEN IN PRAYER

WORSHIP: Hark! The Herald Angels Sing

 [LISTEN HERE](#)

GET STARTED: (Choose 1)

- Share YOUR STORY about how you have experienced shame and how Christ has bought healing.
- Have you ever tried to "cover up" a mistake or an awkward situation? How did that work out?

READ & DISCUSS: Luke 2:8-20

Read the passage and discuss the following:

Q1 - What is the "big idea" of the passage?

Q2 – The shepherds' job made them ceremonially unclean and excluded them from the temple. How do you think this affected how they saw themselves? Have you ever felt unworthy or left out because of who you are or what you do?

Q3 - Shame can come from things we've done, things done to us, our cultural status, our appearance, or other aspects of life. Which of these sources of shame do you relate to most? How can recognizing these sources help you move toward healing or freedom from shame?

Q4 - Pastor Dave shared five ways that shame interferes with the life God wants us to live: separation, perfectionism, a critical spirit, self-protection, and self-numbing. Can you think of any other ways shame impacts our lives? Of the five Pastor Dave mentioned, which one do you relate to the most, and why?

Q5 - The angel's message to the shepherds was, "Do not be afraid. I bring you good news." How does this show that God specifically includes those who feel ashamed? What does this mean for us today when we struggle with shame?

APPLY:

- Hebrews 12:2 says that Jesus endured the cross, “scorning its shame.” How does knowing that Jesus took on all your shame—past, present, and future—give you hope and freedom? How can you remind yourself of this truth when shame tries to take over?
- Jesus conquers shame by taking the focus off of ourselves and placing it on Him. In what practical ways can you “fix your eyes on Jesus” this week to experience His freedom from shame?

CLOSING PRAYER:

Have group members write down a personal area where they are experiencing insignificance on strips of paper and place them in a bowl (anonymously). When everyone is done, pass the bowl around and have each member draw a random strip. Pray as a group, inviting everyone to pray for healing in the specific situation written on the strip of paper that they drew.