

## **Fear-Less: Breaking Free from Guilt & Shame**

**READ:** John 1:1-11

<sup>1</sup> Jesus went to the Mount of Olives.

<sup>2</sup> At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. <sup>3</sup> The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group <sup>4</sup> and said to Jesus, "Teacher, this woman was caught in the act of adultery. <sup>5</sup> In the Law Moses commanded us to stone such women. Now what do you say?" <sup>6</sup> They were using this question as a trap, in order to have a basis for accusing him.

But Jesus bent down and started to write on the ground with his finger.

<sup>7</sup> When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her."

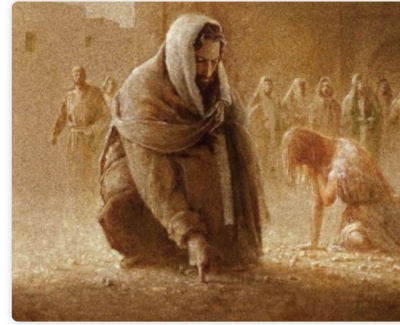
<sup>8</sup> Again he stooped down and wrote on the ground.

<sup>9</sup> At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. <sup>10</sup> Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

<sup>11</sup> "No one, sir," she said.

"Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

**REFLECT:** Have you ever done something wrong and had another person (or yourself) hold that over you so you might realize the pain you caused them?



How do you break free from the guilt and shame you feel?

**Guilt** = Guilt is an awareness of failure against a standard, code, or law. SIN, "is any act – thought, desire, emotion, word, or deed – or its particular absence, that displeases God and deserves blame."

**Shame** = the feeling that I personally am a failure. Shame says that because I am flawed I am unacceptable.

*"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging, and connection."*

Brene Brown

**Mercy:** GK: Eleeo ""withholding the judgment that one deserves; compassionate forgiveness; deliverance from punishment"

Hebrews 4:16 So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

James 2:13 For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.

**What do we learn from someone who has failed others and is being changed by a true relationship with Jesus?**

(Note: Chuck Colson)

## For Further Reflection on Breaking Free from Guilt & Shame...

*"Because salvation is by grace through faith, I believe that among the countless number of people standing in front of the throne and in front of the Lamb, dressed in white robes and holding palms in their hands (see Revelation 7:9).*

*- I shall see the prostitute from the Kit-Kat Ranch in Carson City, Nevada, who tearfully told me that she could find no other employment to support her two-year-old son.*

*- I shall see the woman who had an abortion and is haunted by guilt and remorse but did the best she could faced with grueling alternatives;*

*- the businessman besieged with debt who sold his integrity in a series of desperate transactions;*

*- the insecure clergyman addicted to being liked, who never challenged his people from the pulpit and longed for unconditional love;*

*- the sexually abused teen molested by his father and now selling his body on the street, who, as he falls asleep each night after his last 'trick', whispers the name of the unknown God he learned about in Sunday school.*

*'But how?' we ask.*

*Then the voice says, 'They have washed their robes and have made them white in the blood of the Lamb.'*



*There they are. There \*we\* are - the multitude who so wanted to be faithful, who at times got defeated, soiled by life, and bested by trials, wearing the bloodied garments of life's tribulations, but through it all clung to faith.*

*My friends, if this is not good news to you, you have never understood the gospel of grace."*

From Brennan Manning, The Ragamuffin Gospel:  
Good News for the Bedraggled, Beat-Up, and Burnt Out

## Respond & Apply: Individual & Small Group Discussion Guide

Paul came to this conclusion in his walk with Jesus...

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9

In what ways have you experienced this in your life?

Then Paul said... That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:10

Is that something you are able to say at this point? Why or why not?

### SUNDAY WORSHIP LOCATION CHANGE:

**Izaak Walton Cabin**

937 7 AV NE

**Sunday, April 30, 9:30 am**



**Next Week:** April 23 at Taco Jed, 9:00 am  
Why Fear Gives Way to Faith (Luke 18:1-8)

### NewDay Envisioning Our Ministry Values

- 1. We are a community that has a passion to serve others.**
- 2. We are a community that longs for deeper life relationships With God and others.**
- 3. We are passionate about investing in children, youth, and families.**
- 4. We are a people who have a desire to be led by and experience the power of the Holy Spirit in everyday life.**

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(Online giving: <http://www.newdaycov.org/give>)