

## RECAP

Think back over your week. How did Holy Spirit give you eyes to see people who look, act, or think differently than you?

## IDEA 1

Efrain pointed out that *shame has one of the strongest abilities to create distance from all loving connections and belonging.*

He asked us to consider this question: *But what exactly is it about Jesus' pursuit of us that scares us? Is it that we believe we aren't worthy, is it that he will leave us once he knows we you really are, or that there just isn't enough love for us?*

Take time together to process this question. You may have a different response to add to Efrain's list.

## IDEA 2

*Telling our stories to one another allows God through the means of His people to overshadow our shame with his love.*

Talk to each other about how your House Church can create a space of freedom, safety and love so that you can begin to invite Jesus and each other into places of shame.

## SPIRITUAL PRACTICE

Efrain gave us a three step practice that can help us move from shame towards healing. With each step comes an important question to bring to God in prayer.

**In your House Church, take some time for listening prayer. Simply start with the first question and then give each other the chance to share the things that Holy Spirit is bringing to mind. You most likely won't make it through all three questions together. That's ok! See Application below for ideas on next steps.**

*Die: What is the false narrative you've been speaking over your life?*

*Dwell: What does God think of you? What does His word say?*

*Devote: How do I reclaim what shame has stolen and how do I move forward?*

## APPLICATION

Decide together how you want to continue this process and conversation. Here are some ideas:

For the individual

- Put a time on the calendar when you will continue to pray and process through these questions. (Remember that the Upper Room is open Monday thru Friday, 10-4)

For the group

- Set a time to meet again for continued prayer and processing.
- Agree on ways to check in with each other in the next week.
- Divide into groups of 2-3 who will agree to be praying for each other in the next week.