

RECAP

As you continued to reflect on the application question from last week, were you able to share the hope, accessibility, and reassurance you find in Christ to someone you know this week?

IDEA 1

"Sometimes, it's just easier - even more comfortable - to go back to that which you have always known. It's safer, sensible, and secure, especially, when the regrets of your life leave you feeling like an epic failure....."

Jesus has a wonderfully gracious way of taking us back in order to move us forward. It's all part of how He works to bring healing, restoration, and new life to us."

**Why do you think it's hard for us to move forward from our biggest failures?
How do you imagine Jesus' posture towards you when you've let him down or failed?
What is the way Jesus heals, and restores us from our biggest failure?**

IDEA 2

"Jesus is ALIVE. And, His resurrection means your failure isn't fatal. Neither is it final because, the resurrected Jesus is in the business of redeeming and restoring the ruins of your life! He is alive, and He makes all things new!"

**How does the resurrection of Jesus speak to our disappointments, failures, and shame?
What was surprising about how Jesus approached Peter in John 21:1-17?
What is our part in the healing journey of our biggest regrets?**

SPIRITUAL PRACTICE

"The interaction in John 21:15-17 offers us a glimpse of how Jesus ferrets out Peter's shame and reorients his attention toward Jesus and to the work that Jesus was calling him to do. This is essentially how the practice of disregarding or scorning shame works. Eventually we are enabled to do this on a regular basis throughout our day, but only via the rhythmic reconnection with others to whom we faithfully confess the truth of our lives, not least being the shame that we otherwise are tempted to hide. We recall that stasis is one of shame's neurobiological attributes. It moves us literally and emotionally to places of isolation and paralysis. When we make a regular practice of sharing our lives with each other, we move toward them and create space for them to move toward us. Shame hates this." Curt Thompson, *The Soul of Shame: Retelling the Stories We Believe about Ourselves* (Westmont, IL: IVP Books, 2015).

If your group feels comfortable allow this space for your House Church to practice vulnerability among each other.

What are some of the narratives in your life that need the healing truth of Jesus to speak into?

How can sharing with one another be the healing rhythm for shame to lose its power over our lives?

APPLICATION

Consider the last question Kelvin posed to us after his message concerning how we can invite Jesus to meet us in our failures

Where do you need the resurrected Jesus to appear in the failures of your life today?
Consider vocalizing the failures