

This week we look at shame and the impact it has on our lives. Bruxy reminds us that "our souls were designed for a perfect world"; so this is a week to empathize with our young friends.

Leader Tip: Watch the clip of Bruxy's teaching and think of ways shame has entangled itself in your own life. How have you changed your behaviour or the way you present yourself to hide certain parts of your personality or your life?

HANGOUT

1. Discuss:
 - What's the difference between shame and guilt?
 - Why is shame so painful?
 - How does shame isolate us?
 - What are some ways we cover up shame?
 - Do you think shame has an impact on your life? In other words, do you hide certain elements of your life (e.g., parts of your personality, your private life, your past, etc.)?

HEAR

2. Look up and read John 12:23-33.
3. Discuss:
 - What stands out to you from this passage?
 - In verse 23, why does Jesus talk about being glorified through his death?
 - In verses 24-26, Jesus seems to say that death leads to life. What does this mean for our lives? (Jesus is not talking about physical death, but instead a decision to die to our own self-centred lives)
 - Shame makes us focus on ourselves. How does shame have an impact on how we treat people around us?
 - How does Jesus' death address shame?
 - Why does honour offer an antidote to shame?

Leader Tip: The focus here is that Jesus, through the cross, shows God's unending, unconditional love for us; disarming the power of shame and releasing us to be as we were always meant to be—the light of the world.

HUDDLE

4. Discuss:
 - What stops you from following Jesus and always being where he is?
 - Where do you find it hardest to follow Jesus? Why do you think this is?
 - How can we honour the people around us and offer an antidote to others' shame?
5. Pray together about what the students have shared.