



## Overwhelmed Week 3 Discussion Questions

### Breaking the Ice:

What is one of your most embarrassing moments?

### Scripture: John 8:1-11

### Discussion Questions:

Our guest speaker from Cedar Creek Church, Pastor Ben Snyder shared, “We were created for connection.”

Genesis tells of the story about Eve was created for Adam. They were naked and they felt no shame. Once they ate the apple, they noticed they were naked and felt shamed ... Shame disrupts connection.

1. **Talk about a time or times in your life when your shame disrupted your connections (with God or with people).**

Pastor Ben shared, “Voice of shame says: I am not \_\_\_\_\_ enough ... I am not worthy.” And, “Shame shackles us to a life of Fear.”

Shame tells you, “I’m bad, I’m wrong, I’m worthless” ... this leads to fear. When fear sets in, the body produces a chemical called cortisol that makes the reaction to fight or flight.

2. **Talk about a time when you had to fight and lean on God to help you overcome fear.**

Pastor Ben shared, “Shame changes our relationships to transactions.” The good news is, “Jesus frees us from the shackles of shame.”

Read John 8:1-11

3. **Scripture explains Jesus talked about God as if he really knew him. Put yourself in that time. How would you have responded?**
4. **Imagine the shame the women felt when people gathered the stones. Today, the exposure we face is through social media. How would you have felt if someone would have posted something shameful about you on social media?**
5. **Jesus said, “Let the first one who has never sinned throw the first stone.” These people were convicted because He knew the truth about them and they all dropped their stones. Talk about a time in your life when you dropped the stone and felt convicted.**

6. **Jesus said, "Did not even one of them condemn you?" The women said, "No, Lord." Jesus replied, "Neither do I. Now go and sin no more." Has there been a time in your life when you felt unforgivable?**
  - a. **How did Jesus speak to you and let you know, "Neither do I."**

Pastor Ben shared 2 principles from that passage, "You are never so bad that God can't deliver you." And, "You are never so Good that God owes you."

7. **We fear God can forgive, but he won't forget. What actions can we take to believe God truly forgives and delivers for us?**
8. **Ask yourselves: When you compare yourself to others, what is the end game? What are you hoping for? Is this to validate you? When I look at someone else's mistakes, what does that accomplish?**
  - a. **Ben asked, "What can you and I do better than the cross?"**
  - b. **Read John 3:16 - 17; 1 John 4:9 What have you been shackled in?**
  - c. **Jesus thinks you are enough. How can you trust in Jesus that he frees us from the shackles of shame?**

**God At Work:**

Where did you see God at work in your life this week?