



## **Week #1: Trading Shame for Grace**

28-30 *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Matthew 11:28–30 (MSG)

3-6 *The religion scholars and Pharisees led in a woman who had been caught in an act of adultery. They stood her in plain sight of everyone and said, "Teacher, this woman was caught red handed in the act of adultery. Moses, in the Law, gives orders to stone such persons. What do you say?" They were trying to trap him into saying something incriminating so they could bring charges against him.*

6-8 *Jesus bent down and wrote with his finger in the dirt. They kept at him, badgering him. He straightened up and said, "The sinless one among you, go first: Throw the stone." Bending down again, he wrote some more in the dirt.*

9-10 *Hearing that, they walked away, one after another, beginning with the oldest. The woman was left alone. Jesus stood up and spoke to her. "Woman, where are they? Does no one condemn you?"*

11 *"No one, Master."*

*"Neither do I," said Jesus. "Go on your way. From now on, don't sin."*

John 8:3-11 (MSG)

### **How to Trade Shame for Grace:**

- Get real with \_\_\_\_\_.

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

1 John 1:9 (ESV)

**How to Trade Shame for Grace:**

- Get real with \_\_\_\_\_.

*Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed.*

James 5:16 (MSG)

**How to Trade Shame for Grace:**

- Put your faith in \_\_\_\_\_, not in \_\_\_\_\_.

*You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. 14 He canceled the record of the charges against us and took it away by nailing it to the cross.*

Colossians 2:13-14 (NLT)

**Discussion Questions**

1. What stands out to you in the story of the religious people shaming the woman?
2. Why is getting real with God or getting real with another person sometimes hard?
3. What is the danger if we try to put our faith in ourselves, and not in Jesus?
4. How would your life look (or how would it have looked differently in the past) if you lived without shame weighing you down?

**Recommended Resources**

- [Unashamed, by Christine Caine](#)
- [The Soul of Shame, by Curt Thompson](#)
- [You Are More Than You've Been Told, by Hosanna Wong](#)
- [How to Overcome Shame with God's Favor, Jonathan Evans](#)
- [Living Lightly: 5 Day Devotional by Patriece McPeak | https://pfmcpeak.com/devotional/](#)

(MSG) The Message

(ESV) English Standard Version

(NLT) New Living Translation

## Week #1: Trading Shame for Grace - **FILL**

28-30 *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

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John 8:3-11 (MSG)

### How to Trade Shame for Grace:

- Get real with God.

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

1 John 1:9 (ESV)

### How to Trade Shame for Grace:

- Get real with a trusted person.

*Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed.*

James 5:16 (MSG)

### How to Trade Shame for Grace:

- Put your faith in Jesus, not in yourself.

*You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. 14 He canceled the record of the charges against us and took it away by nailing it to the cross.*

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