



# Guilt and Shame

## Week of October 8-15

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*This sermon study is designed to be used the week after the sermon it supplements. Before using the study in your life group, it might be helpful to work through the questions on your own before your group meets. The purpose of this guide is to help facilitate discussion and to help your group, collectively and individually, grow closer to Jesus.*

### **SERIES RECAP**

In this series we are looking real-life struggle right in the eye, being honest about the things that can hold some people back from God and others from experiencing God more fully. In Christ, we have the power to overcome our most crippling struggles and move ever closer to a fuller life with God.

### **SERMON SUMMARY**

Satan uses our own guilt and shame to separate us from God, just as he did with the Samaritan woman and those around her. Our past will be Satan's greatest weapon against us or God's most powerful tool in our lives!

### **MAIN TEXT**

John 4

### **GETTING STARTED**

What was it like when your parents caught you doing something wrong?

### **DIGGING DEEPER**

1. Read John 4:5-9.
2. Why do you think Jesus asks the Samaritan woman for a drink? What do you think she thought?
3. Why does she answer him in that manner?
4. Read John 4:10-12.
5. Jesus responds to her and creates even more confusion. Why?
6. Read John 4:13.
7. Jesus' response makes her desire this "living water" but she doesn't understand yet what it is. What does she think it is?
8. Read John 4:16-26.
9. Things are beginning to become very real for this woman. What is her first reaction to Jesus' statements?
10. Where does this conversation end? What changes have occurred in this woman?
11. How have you dealt with your past? How does Satan use it?
12. What keeps you from attaining freedom from your past?
13. How can we fight Satan when he uses our past?
14. Can you say with certainty "I am a child of God!" and believe it? Or is His grace not sufficient?
15. What is God asking you to do?

### **NEXT STEPS**

Dealing with our own mess sometimes causes us to doubt our inheritance and feel shame, but Christ overcame both for us. Living victoriously sometimes means accepting that our guilt and shame has been removed by Christ and we should start living like the royalty that we were created to be!