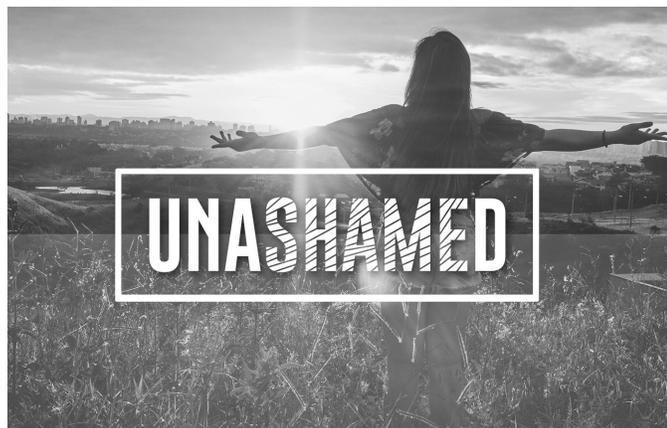


SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



Healing

May 18-22, 2019

We all know from experience that the voice of negative self-talk regularly returns to drive us back into shame. The ongoing journey of healing from shame requires tending to the wounds within and forgiving those whom we feel abandoned or rejected us, and looking to how Jesus led others in healing from shame.

SCRIPTURE TEXT : JOHN 11:4-44

Read the scripture text together as a group.

BACKGROUND INFO

We can understand the anguished cries of Martha and Mary to Jesus, who greet him separately but with the same words: “Lord, if you had been here, my brother would not have died” (11:21, 32). Implied in this statement are some pointed questions, perhaps even accusations. Where were you, Jesus? Why did you take so long getting here? I thought you loved my brother. I thought you cared about us. We, like Mary and Martha want Jesus to come in and take care of what is hurting us immediately. Jesus does not answer all the questions that we might wish he would answer. He doesn’t explain to Mary and Martha and all those grieving why he didn’t come sooner and prevent Lazarus from dying. But it is clear that he is completely with them in their pain and loss, deeply moved and grieved.

Aren’t these exactly the kinds of questions we ask, or would like to ask, when we are living in shame? Where were you, Lord? How could you have let this happen? Couldn’t you have prevented all this horrible pain and heartache?

DISCUSSION QUESTIONS

- Do you think you would have responded in the same way as Mary and Martha? Why or why not?
- Have you ever felt wrapped up in shame?
- What did you do with your shame? Hold onto it? Try and release it?
- Did anyone help you unwrap your shame? What did you need from that person in the process?
- What part did Jesus play in the process of unwrapping your shame?

APPLICATION: Jesus brings us healing and uses community to help “unwrap” our shame. This week, identify someone in your life that might be able to help you unwrap your shame.