

Everything's Fine: Shame

Text: Psalm 69:1-21

Purpose: Through the life of David we learn how to identify shame in our lives and how Jesus has provided a way to gain healing and freedom.

Opening Question: *What's the funniest thing that happened to you this week?*

Read and Discuss: Psalm 69:1-21

1. *What is the difference between guilt and shame?*
2. *In verses 1-7 David is telling his story. Reading it again, how does David describe his shame?*
3. *How does shame affect us? What does shame do to us?*
4. *Where does shame come from? Why do we feel it?*
5. *What are some things we do to avoid shame?*
6. *Verses 19-21 How does vulnerability heal shame?*