



Walls - Breaking Through the Walls of Shame and Guilt

Dr. Derwin L. Gray - 03/01/20

Conversation Guide:

Create a meaningful conversation. Feel free to adjust the questions as needed.

- ◆ Read **Romans 8:1-2**. What is the main focus of these verses? What does it mean to be “in Christ”? Are you in Christ? How have you experienced redemption as a result of being in Christ?
- ◆ King Jesus, the Wall-Breaker, declares that you are righteous like Him, regenerated with Him, and redeemed by Him. Take time to marinate on those three adjectives. Look up the definition for each.
- ◆ Read **2 Corinthians 5:20-21**. Do you see yourself as righteous? In vs. 21, how does it say God sees you? Why does He see you that way?
- ◆ Read **2 Corinthians 5:17-18**. Regenerated means He has given you a new life. You are no longer subject to past or present sins. Who do you know that is “trapped” in shame and guilt, and thinks they can’t be made new again? How can you share the truth with them, that they are a new creation in Christ?
- ◆ Read **Galatians 4:4-7**. Our world continually tells us that our doing is greater than our being. These verses tell us that our being (in Christ) is more important than anything we do or don’t do. Is there anything about your past to which you feel enslaved? What steps will you take to let that go and embrace your son-ship or daughter-ship?
- ◆ Take time to recall Lisa’s story of shame and guilt. Can you relate to her story? How were you encouraged by her realization that God loves her?
- ◆ During prayer time, share any feelings of shame and guilt with which you are struggling. Pray to experience God’s wall-breaking freedom in your life.

Soul-tattoo: Marinate on the daily affirmation found in Sunday’s worship guide.

Recommended Resources:

- *Limitless Life* by Derwin Gray
- *The Search for Significance* by Robert S. McGee
- Made for This with Jennie Allen podcast, episode 01, You are not a victim to your thoughts.