



## Discussion Guide for “Shame Bells” Labor Day Weekend

Shame is a powerful motivator for us. We never feel as though we do enough. Unfortunately, churches are some of the worst shame engines, teaching that if we don't work harder, God won't love us. How can the Church be free of shame?

### Scriptures for Further Reading

[Genesis 3:6-7](#)

[Romans 7:14-25](#)

[Romans 8:1-4](#)

[Galatians 5:19-26](#)

[Hebrews 13:8-16](#)

### Questions for Discussion

1. What is the difference between hard work and avoiding shame? Which do you find yourself doing more?
2. Why do churches so often become sources of shame?
3. Why does Paul claim there is no condemnation for those in Jesus? What does this mean for our sense of shame?
4. What does a faith free of shame look like?
5. How can Sabbath help you live free of shame this week?