

# Group Leader Guide

## What Would Jesus Say – part 3 “to the Ashamed”

### Sermon Recap

What if your deepest shame could become your greatest freedom? A woman caught in adultery found herself trapped, exposed before a crowd ready to stone her—until Jesus knelt and wrote in the dust, silencing her accusers with one piercing truth: "Let the one who has never sinned throw the first stone." Pastor Chris reveals how Jesus accepts us without approving our sin, offering grace that replaces guilt and salvation that transforms shame. Ready to trade your prison of regret for Christ's radical freedom?

### Ice Breaker

If you could only eat one food for the rest of your life, what would you choose and why?

### Discussion Questions

1. What from the sermon stood out to you? How were you challenged, motivated, or convicted from what you heard?
2. Pastor Chris opened with a story about a man who fled from police and accidentally ran into a prison. How does this story connect to the way we sometimes respond to Jesus' offer of freedom from guilt and shame?
  - a. Pastor Chris used this story to illustrate how we often run away from Jesus when He offers us freedom and we end up trapping ourselves in bondage instead of accepting His liberation.
  - b. What are some ways you might be 'running from Jesus' or avoiding His offer of freedom in your own life? What fears or doubts keep you from fully accepting His grace?
3. In John 8:7, Jesus said 'Let the one who has never sinned throw the first stone.' Why do you think all the accusers walked away instead of throwing stones at the woman?
  - a. Pastor Chris explained that even when our hearts are hard, we know the sinfulness of our own lives. The religious leaders were forced to confront their own guilt when challenged by Jesus.
  - b. Think about a time when you were quick to judge someone else's mistakes. How might remembering your own need for grace change the way you respond to others' failures?
4. Pastor Chris distinguished between guilt (saying 'I did wrong') and shame (saying 'I'm worthless'). What's the difference between these two feelings, and why is it important to understand this distinction?

- a. The sermon explained that guilt is about our actions while shame attacks our identity and worth. Jesus wants to replace both our guilt with His grace and our shame with salvation through adoption into God's family.
  - b. Which do you struggle with more - guilt over things you've done, or shame about who you think you are? How could understanding God's adoption of you into His family help with these feelings?
5. Pastor Chris told Christians to 'drop the rocks' when relating to people who aren't believers yet. What did he mean by this, and why is this approach important for sharing faith?
  - a. The message emphasized that we should quit throwing stones of condemnation at people and instead show compassion. Pastor Chris said we should be less tolerant of sin in our own lives and more tolerant of people who don't know Jesus yet.
  - b. Is there someone in your life you've been 'throwing rocks' at instead of showing love and compassion? How could you change your approach to better reflect Jesus' heart toward them?
6. Based on John 3:16-17 and Romans 8:1, Pastor Chris said 'if you believe, you belong.' What does this mean practically for someone struggling with guilt and shame from their past?
  - a. These verses show that God sent Jesus to save the world, not condemn it, and that there is no condemnation for those who belong to Christ. The sermon emphasized that believing in Jesus means you belong to God's family.
  - b. If you've accepted Jesus as your Savior, how does knowing 'there is no condemnation' for you change the way you view your past mistakes? How can you live more fully in this truth?

## Prayer

- Ask for prayer requests from the group.
- Pray for the recognition of any guilt and for God's grace to fill those places with freedom.
- Seek courage to replace any feelings of shame with an understanding of God's salvation and acceptance.
- Ask for strength to truly embrace the forgiveness offered by Jesus and to live in that freedom daily.