

# Sermon-Based Discussion Guide

Date 3/1/26 Aaron Brown

Watch the sermon at [manheimbic.org/sermon](http://manheimbic.org/sermon).



## BIBLE PASSAGES

**Passages about Guilt and Forgiveness:** Rom. 3:23; James 2:10; Nahum 1:3; 1 Cor. 15:3; Rom. 5:6-8; Ps. 32:3-4, 103:2; Isaiah 1:18;

**Passages about Condemnation:** Rom 8:1; 1 Jn. 3:20

**Passages about Shame:** Gen 2:3 cp. Gen. 3:7-9; Jer. 3:25; 2 Cor. 7:8-11; Rom. 10:11; Is. 54:4

**The Grace and Mercy Cycle:** Joel 2:13; Rom. 5:20; Ps. 139:23-24

**The Role of Confession:** 1 John 1:9 and James 1:16

"Therefore, there is now no condemnation for those who are in Christ Jesus."  
- Romans. 8:1

"If our hearts condemn us, we know that God is greater than our hearts, and he knows everything."  
- 1 John 3:20

As Scripture says, "Anyone who believes in him will never be put to shame."  
- Romans 10:11

### THE SHAME CYCLE



### THE GRACE & MERCY PATH



**Connect:**

Get to know each other. Connect, warm up to each other, and take time to fellowship.

**Care:**

Carry each other's burdens. Share life's challenges and practice Soul Care. Pray together.

**Challenge:**

1. What's the difference between guilt and shame, and why is it so important for us?
2. What has been your experience with "The Shame Cycle" that Aaron presented?
3. Why do quick-fix, short-term band-aid solutions fail to produce lasting change in our lives?
4. What are some of the deceptions, fears, or unmet needs and longings that are sometimes unearthed in a season of reflection and repentance?
5. Have you ever struggled with lingering shame - shame that hangs around long after repentance and forgiveness? What truths can we affirm to combat the underlying lies of lingering shame?
6. How does confession to God and confession to others help us in the restoration and healing process?
7. As a group, talk about ways in which you might be able to incorporate confession with one another.

**Clarify:**

Does anyone need clarity on something? Are there any big God questions you are wrestling with?

**Celebrate:**

Celebrate life's successes and God's provision. Worship God's presence. Time to brag about God.

**KEY TAKEAWAYS**