

FIGHTING SHAME
WITH THE WORD OF GOD

ASHAMED

LEADER GUIDE

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LEADER GUIDE

Welcome! Before you read any further, we want to say how thankful we are for you, the leader. Thank you for your willingness to dive into Scripture, brew the coffee, place the chairs, and set aside the time regularly to meet with other women.

Ashamed is a video- and discussion-based Bible study from Scarlet Hiltibidal.

Our goal is for this leader guide to help you feel equipped to facilitate and guide your Bible study group gatherings in a way that fosters deep conversation and prayer for you and the women you're leading.

We want to encourage you to use this study however it works best for you and your group. If you want to follow this leader guide to the letter, do that! If you want to do your own thing, feel free! Our goal is to give you all the tools you might need, but we are certain God has ordained your time with your specific group in your specific setting.

We are grateful for you and praying for you as you lead this study.

Lifeway Women

WEEKLY GROUP MEETING: SUGGESTED SCHEDULE

SIX GROUP MEETINGS • MEETING LENGTH: 1 HOUR

SESSION ONE Introduction: Distribute Bible study books, get to know one another, watch the Session One video, and read the Introduction.

SESSION TWO Watch the Session Two video and discuss the Session Two personal Bible study.

SESSION THREE Watch the Session Three video and discuss the Session Three personal Bible study.

SESSION FOUR Watch the Session Four video and discuss the Session Four personal Bible study.

SESSION FIVE Watch the Session Five video and discuss the Session Five personal Bible study.

SESSION SIX Watch the Session Six video and discuss the Session Six personal Bible study.





HOW TO STRUCTURE YOUR GROUP TIME

Each group session contains the following elements. We've included a suggested amount of time based on a one-hour group meeting. Adjust as you need to for the time you have together!

GATHER (10 MINUTES) This is a time to greet and welcome everyone and to get them talking. In the first session, you're provided with some general icebreaker questions. In the subsequent sessions, you'll notice a list of questions to help participants review the previous week's personal study. Feel free to adapt, skip, or add questions based on the needs of your group.

WATCH (10 MINUTES) During this time, play the teaching video, encouraging the women to take notes on the Viewer Guide page for that specific session.

DISCUSS (30 MINUTES) You'll find a suggestion of questions for each week in this Leader Guide. Pick and choose the ones you want to discuss with your group. These questions are designed to help you facilitate conversation around the week's Bible study and personal reflection. As you go through your own study during the week, put a star by any questions or statements you might want to discuss with your group.

CLOSE (10 MINUTES) Brief closing activity ideas and/or prayer prompts have been provided. You can use this however you wish to enhance or close the session.

HERE ARE A FEW TIPS TO HELP YOU LEAD.

HOW TO WATCH YOUR VIDEOS. The videos for this study are available for streaming through the digital access code on the last page of your Bible study book. Look for the page labeled **“Here’s Your Video Access”** and follow the two steps that prompt you to enter your unique redemption code to gain your video streaming access.

If your group doesn’t have adequate internet connection for video streaming, DVD sets are available for purchase at lifeway.com/ashamed.

Each video is intended to be viewed after completing the accompanying week of personal study. We strongly recommend you use the teaching videos as a part of this study, but you can still discover truth from Scripture and grow in your walk with God by simply doing the print portion if your setting doesn’t allow for video.

GET THE WORD OUT. Be sure to advertise the study early and utilize all methods for getting the word out. Post it on your church’s website, send emails to potential attendees, and promote it on all forms of social media. It’s best to start advertising the study four to six weeks before it begins. The study is six sessions long, which means you will meet six or seven times. Visit lifeway.com/ashamed for free promotional materials to help get the word out about your study.

SCHEDULE. Be sure to make everyone aware of the schedule ahead of time and start promptly each week to honor everyone’s time. In your group time, you will watch the teaching video together and discuss what you’re learning. You’ll also be encouraged to spend a good bit of time in prayer.

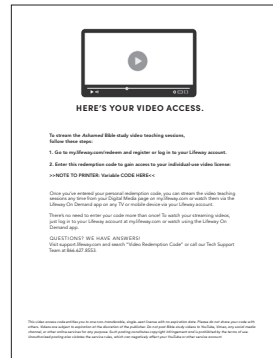
STAY IN TOUCH. Prepare a sign-up sheet with space for names, email addresses, and phone numbers. You may also include information like birthdays, social media handles, and favorite candy so that you can foster community among group members.

GET COZY. Make an effort to create a comfortable environment for group meetings. Arrange chairs in a circle to encourage conversation. If your group is large, you may want to watch the teaching video together and then split into smaller groups for the discussion time. If you choose to do so, enlist discussion leaders for each group to keep the conversation moving and focused.

CHILDCARE. Be sure to check with participants to see if childcare is needed and organize leaders and space for the children in advance.

BIBLE STUDY BOOKS. Each participant will need a Bible study book. Make sure you leave plenty of time for all the books to be ordered and received between announcing and starting your Bible study. Consider offering a scholarship or buy-one-give-one option for those who cannot afford a study book on their own.

EARLY PREP. We encourage you to read through the entire leader guide before the first session and evaluate how this will work best for your group. Highlight specific questions from the leader guide you want to make sure you cover during your group time. We recommend watching the teaching video sessions prior to your meeting, taking note of anything you may want to highlight from the teaching. And be sure you stay on top of your own personal study between each meeting!



PERSONAL STUDY. Between each meeting, there are five days of personal study to complete in the Bible study book.

PRAYER. Most importantly, be sure to pray for the women who attend the study. And pray for yourself as you prepare to lead. Ask God to draw the women closer to Him as they learn more about what it means to stand unashamed in His presence.

EVALUATE. At the end of each group session, ask yourself: What went well? What could be improved? Did you see women's lives transformed? Did your group grow closer to Christ and to one another? Also, do a final evaluation at the close of the study.

CONNECT. Find ways to interact and stay engaged with each member of your group throughout the study. Make use of social media, email, text messages, and handwritten notes to encourage them. Continue these connections even after the study ends.

Next, we've provided a discussion guide for each session. Remember these are simply suggestions for how to use your time together. We want to empower you as you lead to do what is best for your group!

DISCUSSION GUIDE

SESSION ONE

INTRODUCTION

GATHER Make sure each member of your group has their own Bible study book. Next week, they can have Session Two completed in their Bible study books. That being said, do assure anyone present that if they aren't able to do their personal study at home, they can still follow along with the questions, be involved in the discussion, and watch the video. Go ahead and push play on video one for Session One. Then, look through the introduction and work through the discussion questions below as a group.

Get to know your group! Share names, jobs, hobbies.

WATCH Play the teaching video for Session One. Encourage participants to take notes or jot down questions on the Session One Video Viewer Guide (p. 12).

DISCUSS Use the information and questions found on pages 12–13 to debrief the video teaching.

Fear and shame make people run away and hide. That's sort of the exact opposite of going to a small group, so I hope you won't run. I want you to stay. Quickly, let's think about what we just saw in Genesis 3 with Adam and Eve and the beginning of shame.

Read Genesis 3:8-11 as a group, keeping in mind that this is after Adam and Eve sinned against God, doing the one thing He asked them not to do. What did they do when they heard God coming?

In verse 10, what does Adam tell God he was feeling?

Adam was afraid, because he felt exposed. Embarrassed, he wanted to run. Every single one of you, and everyone you know, and all of their aunts, uncles, and dental hygienists know this feeling well. When others see our shame, we want to hide. Don't feel like joining this group for six weeks is a commitment to spill your guts and compound your shame. This next six weeks is not about your past or your guilt for all to see. It's about God and what He's done to free you from it. Stay, focus on Him, and only share what

you're comfortable sharing. The more this group helps you see the power and love of God, the more you will want to run to Him, not run and hide.

Do you have a childhood memory of your first moment of shame or embarrassment? Share it if you're brave.

Do you feel like you've had an "undone" moment, like Isaiah? If so, discuss what it was like when you recognized your need for God.

Have you ever felt stuck in your shame? What are some unhelpful (or only temporarily helpful) things you've turned to in those moments that didn't end up helping the way you hoped they would?

What hopes do you have in your personal walk with God, as you enter into this study?

CLOSE People often under-share their prayer requests (I know I do) in small group settings, because they fear embarrassment or judgment. This is the perfect study to display the mercy and compassion of Jesus as you pray for and with one another each week.

Every group is different, so decide now how you'd like to handle prayer. Maybe you write your prayers down in a notebook that gets passed around and the requests get texted or emailed out. Maybe you take extra time to share your requests at the end of each session. However you do it, don't neglect praying together as a group each week.

After you've nailed down your group's prayer logistics, take time to come before God together and ask that He help each of you to understand His grace more deeply as you study, and to extend that grace to one another.

REMINDE Encourage group members to complete Session Two of their personal study before the next session.



SESSION TWO

ASHAMED ISAIAH

GATHER Welcome participants back to the study.

Do you know anyone like the sweet, shameless redhead Scarlet talked about in Day Three? If so, share with the group how he or she has set an example for you.

WATCH Play the teaching video for Session Two. Encourage participants to take notes or jot down questions on the Session Two Video Viewer Guide (p. 42).

DISCUSS the video teaching and personal Bible study, using the following questions and prompts as a guide.

On Day One, we read about when Isaiah was forgiven in the throne room of God. Have you ever experienced awe and undoneness over the holiness of God? How so?

This session's main idea is "Jesus removes our shame." If you are open to sharing, tell your group a brief testimony of shame you carried and how the Lord is helping you release it.

In the chart you filled out on Day Four (p. 36), which verse about debt was most meaningful to you? Why?

What is one new habit you can add to your life to help you fight shame with God's Word?

CLOSE Thank God for sending Jesus to make a way for sinful people to be near to a holy God. Spend the remainder of your time in prayer. Pray specifically that God would help you and each member of your group fight feelings of shame and guilt by filling your minds with the truth of His Word.

SESSION THREE

ASHAMED AT THE WELL

GATHER Welcome participants back to the study.

Scarlet talks about people meeting her famous mom without knowing. Have you ever met a celebrity in real life? Share your celeb sightings with the group!

Ask participants to share which day of study they found most interesting and which one had the most impact on them.

WATCH Play the teaching video for Session Three. Encourage participants to take notes or jot down questions on the Session Three Video Viewer Guide (p. 62).

DISCUSS the video teaching and personal Bible study, using the following questions and prompts as a guide.

The Samaritan woman may have carried shame because of her ethnicity and culture. Have you ever experienced anything like that?

This session's main idea is "Jesus gives living water to thirsty hearts." What did you learn in this session about living water and being quenched?

What are some things that you thirst for that will never satisfy?

In what ways do you identify with the woman at the well? How is your story similar to hers?

How can you help someone in your life see his or her need for living water this week?

CLOSE Thank God for making a way for us to be healed and whole and for giving us the most beautiful and hopeful Revelation 21 future. Pray specifically that God might provide opportunities for you to share the living water with others. Ask His Spirit to show you what that might look like individually and as a group.

SESSION FOUR

ASHAMED PETER

GATHER Welcome participants back to the study.

In what ways do you relate to Peter? In what ways do you not relate?

WATCH Play the teaching video for Session Four. Encourage participants to take notes or jot down questions on the Session Four Video Viewer Guide (p. 86).

DISCUSS the video teaching and personal Bible study, using the following questions and prompts as a guide.

On Day One, we read about when Jesus met Peter and said, "Follow me." Take some time to share about what your life looked like when you were introduced to Jesus.

This session's main idea is "Jesus gives second chances." If you're comfortable, share a testimony of a time God gave you a second chance.

Flip back to the chart you filled out on Day Two (p. 74), showing what Jesus promises to do in and through His followers. Which of these promises resonates most with you? Why?

What, in your own history with the Lord, brings a feeling of shame to your mind? What have you learned that Jesus wants to do with your shame by studying Peter this week?

Jesus used Peter to build the church as we know it. If you're involved in your local church, how has God wired you to serve the body? If not, what do you sense God is leading you to do within your church?

CLOSE Thank God for allowing His children to do kingdom work and live with purpose, even though we don't deserve that joy and privilege. Pray specifically that you, as a group, would walk in joyful obedience as you continue to study God's Word together. Ask that the Lord would unite your group and remove all shame that is keeping you from service to Him and joy in His calling on your life.

SESSION FIVE

ASHAMED PAUL

GATHER Welcome participants back to the study.

If you, like the woman in Day One, decided to get a “testimony tattoo,” what would yours look like?

WATCH Play the teaching video for Session Five. Encourage participants to take notes or jot down questions on the Session Five Video Viewer Guide (p. 108).

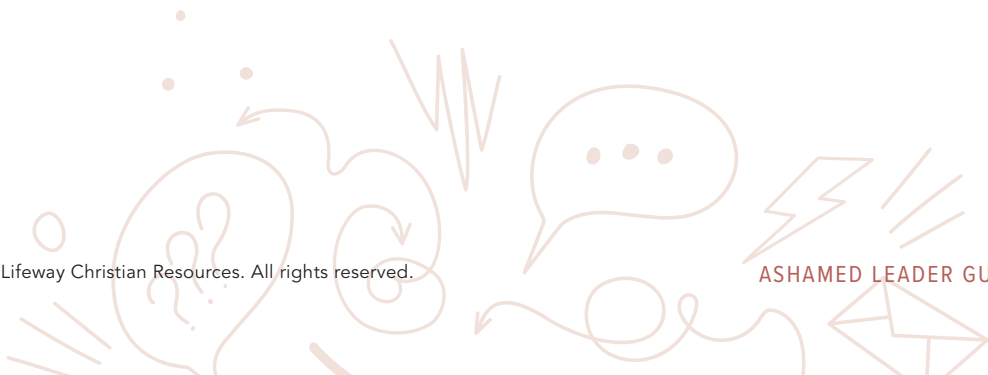
DISCUSS the video teaching and personal Bible study, using the following questions and prompts as a guide.

This week, we studied Paul and his one hundred eighty degree turn of a testimony. What is the most dramatic one eighty type of testimony you’ve ever heard?

This session’s main idea is “Jesus takes the worst of us and makes us worthy.” When have you gotten to a point where you had to acknowledge your “worstness?”

Do you have a Grandma Marlene in your life? Someone who, though imperfect, showed you what it looks like to live in light of eternity? Describe that person.

CLOSE Thank God for forgiving sinners like us and allowing us to take part in the beautiful love story He’s writing. Thank Him for saving people like Paul. Thank Him for the one hundred eighty degree testimonies and the quieter ones. Thank Him for what He is doing in your story and in your group. Spend the remainder of your time in prayer. Pray specifically that you, as a group, would spend the rest of this week reflecting the unveiled gospel, with hearts free of shame.



SESSION SIX

SHAME CRUCIFIED

GATHER Welcome participants back to the study.

Have you ever gained access to or been given something based on the merits of someone else? How did that feel?

Ask participants to share which day of study they found most interesting and which one had the most impact on them.

WATCH Play the teaching video for Session Six. Encourage participants to take notes or jot down questions on the Session Six Video Viewer Guide (p. 130).

DISCUSS the video teaching and personal Bible study, using the following questions and prompts as a guide.

This week, we looked at shame and why we don't have to live enslaved to it. We were reminded through New Testament writers, inspired by the Holy Spirit, that we are justified and pure and righteous because of our faith in Jesus. Is this concept difficult for you to grasp or remember? Why or why not?

This session's main idea is "Jesus experienced our shame so we don't have to." Take a few minutes to talk about what that means and why it matters for us today.

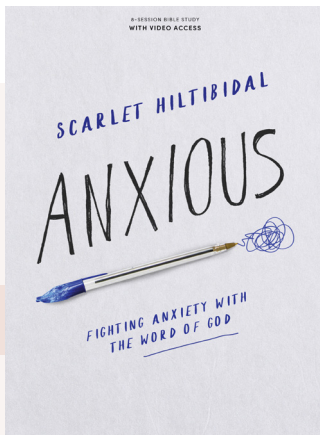
On Day Five, you personalized Hebrews 12:1-3. What can living out those verses look like for you and what might it look like for the group?

What is the number one thing you have taken away from this study over the past six weeks?

CLOSE Thank God for His Word and its shame-fighting power. Ask that He'd continue the good work He's done in you and your group as you continue to walk with Him.

FINISHING WELL

NEXT STEPS Even after the study concludes, follow up and challenge women to stay involved through another Bible study, church opportunity, or anything that will continue their spiritual growth and friendships. Provide several options of ministry opportunities the members can participate in individually or as a group to apply what they have learned through this study.

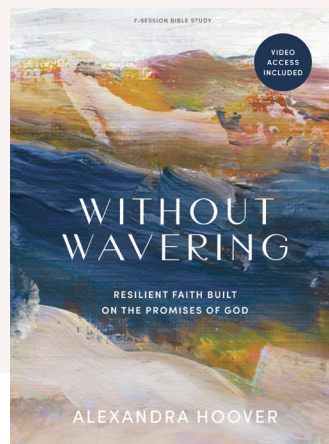


If you enjoyed this study, check out *Anxious: Fighting Anxiety with the Word of God* also by Scarlet Hiltibidal.

lifeway.com/anxious

Or consider *Without Wavering: Resilient Faith Built on the Promises of God* by Alexandra Hoover.

lifeway.com/withoutwavering



INTRODUCING BIBLE STUDIES WITH VIDEO ACCESS INCLUDED!

As trends in media consumption change from DVDs to streaming video, Lifeway made the decision to invest in technology that would allow for Bible studies to be accessed through mobile devices and smart TVs in addition to our website.

The concept of a Bible study book with video access allows us to use the technology to give all participants easier access to teaching videos. This will alleviate a concern we have heard from many group leaders of members who stop coming to their group after they miss a week of study.

HOW WILL CUSTOMERS ACCESS THE VIDEOS THAT COME WITH THEIR BIBLE STUDY BOOK WITH VIDEO ACCESS?

There is a unique access code printed in each Bible study book. They will access their video content at my.lifeway.com or through the Lifeway On Demand app.

HOW LONG WILL THEY HAVE ACCESS TO THE VIDEOS THAT COME WITH THEIR BIBLE STUDY BOOK?

There is no expiration date on the video access that comes with their Bible study book. They'll be able to access it as long as it is available through our Lifeway On Demand video apps.

WHAT ARE THE BENEFITS OF VIDEO ACCESS BEING INCLUDED IN EACH BIBLE STUDY BOOK?

- This provides more flexibility for group meeting time. Groups now have the option to have group members watch video sessions outside of group meetings to allow more time for discussion.
- If a group member misses a weekly group meeting due to sickness or travel, they will be able to access the video content on their own and continue in their study.
- Group members can re-watch video sessions that were particularly impactful on their own time.

- This simplifies what a group leader needs to facilitate Bible study. You'll now get everything you need with just the Bible study book.
- Our goal is to provide an affordable option for both individuals and churches who are looking for Bible study options.

WHAT DO CHURCHES AND INDIVIDUALS NEED TO LEAD A GROUP?

Each group member will need a Bible study book, which will include video access. There is also a DVD option for groups who want a non-streaming viewing option. In addition, select studies provide a Video Streaming - Group option for groups who choose not to use the Bible study books. For the best experience, we recommend each group member have a Bible study book.

WHEN DO GROUP LEADERS NEED A DVD SET?

Because the Bible study book includes video streaming access, the purchase of the DVD set is optional (not essential) for group leaders. This option is for groups who may not have reliable streaming internet access.

