

6-SESSION BIBLE STUDY FOR TEEN GIRLS

FIGHTING SHAME  
WITH THE WORD OF GOD

# ASHAMED

FOR TEEN GIRLS

SCARLET HILTIBIDAL

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# ABOUT THE AUTHOR



## **SCARLET HILTIBIDAL**

is the author of *Afraid of All the Things, You're the Worst Person in the World, He Numbered the Pores on My Face*, and the Bible study *Anxious*. She writes regular columns for *ParentLife* and *HomeLife Magazines* and devotionals for *She Reads Truth* and enjoys speaking to women around the country about the freedom and rest available in Jesus. Scarlet has a degree in biblical counseling and taught elementary school before she started writing. She and her husband live in Tennessee where she loves communicating in sign language with her three daughters, eating nachos by herself, writing for her friends, and studying stand-up comedy with a passion that should be reserved for more important pursuits.

# HOW TO USE THIS STUDY

## PERSONAL STUDY

Each week you'll have five days of personal study. Watch the video teaching after completing the five days of personal study. The first session is an introduction followed by the video teaching. If you're studying with a group, you can read the introduction together or on your own before you meet to watch the video and discuss.

## VIDEO ACCESS

With the purchase of this book, you have access to videos from *Scarlet* that provide insight to help you better understand and apply what you study. You'll find detailed information on how to access the teaching videos in the back of your Bible study book.

## GROUP TIME

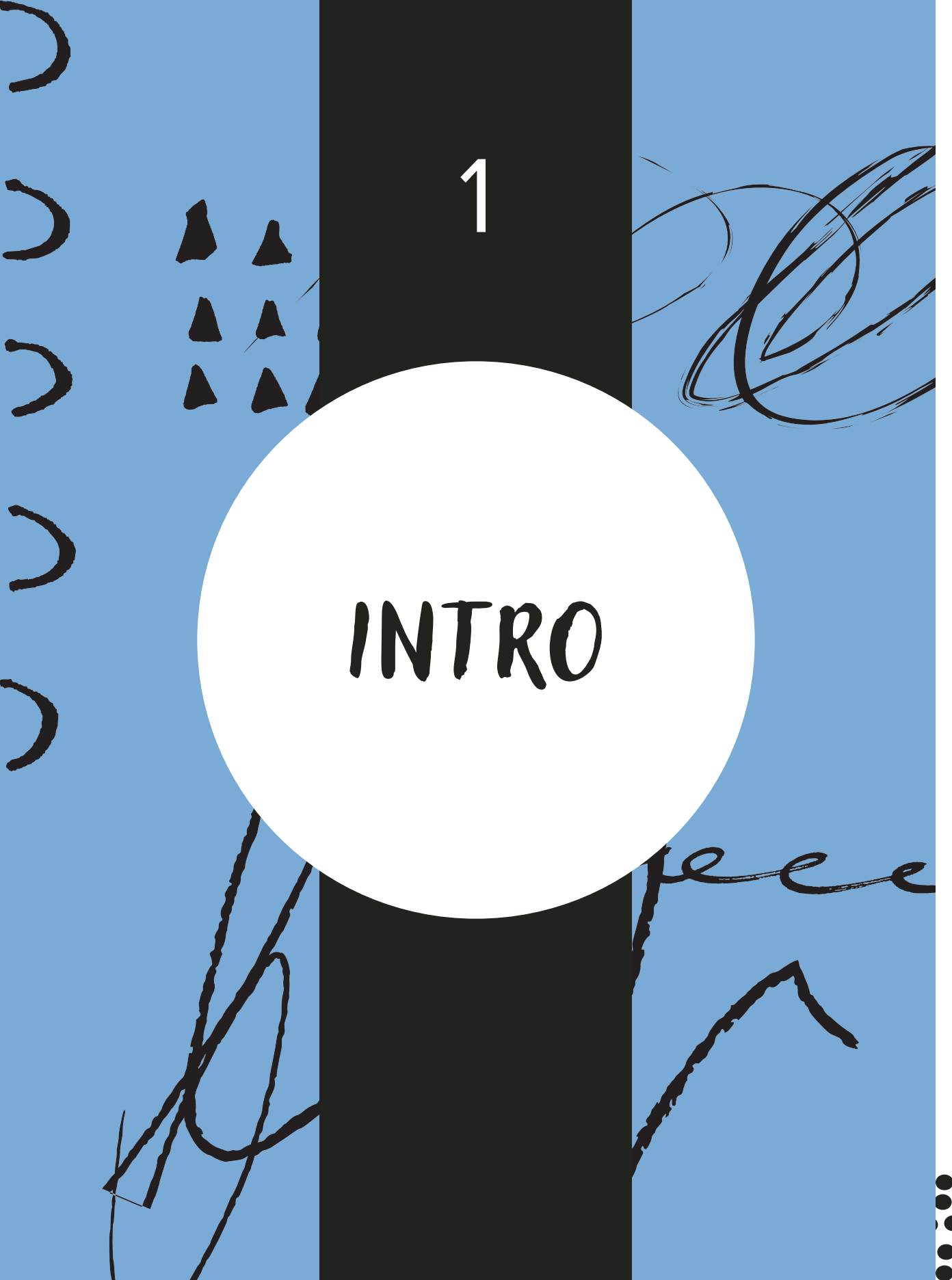
Each session of *Ashamed* ends with a teaching video from *Scarlet*. The Watch page provides you with a place to take notes from the video teachings and from your small group discussion time. You'll want to begin your study by reading the Introduction, then watching the Session One video and taking notes on page 12.

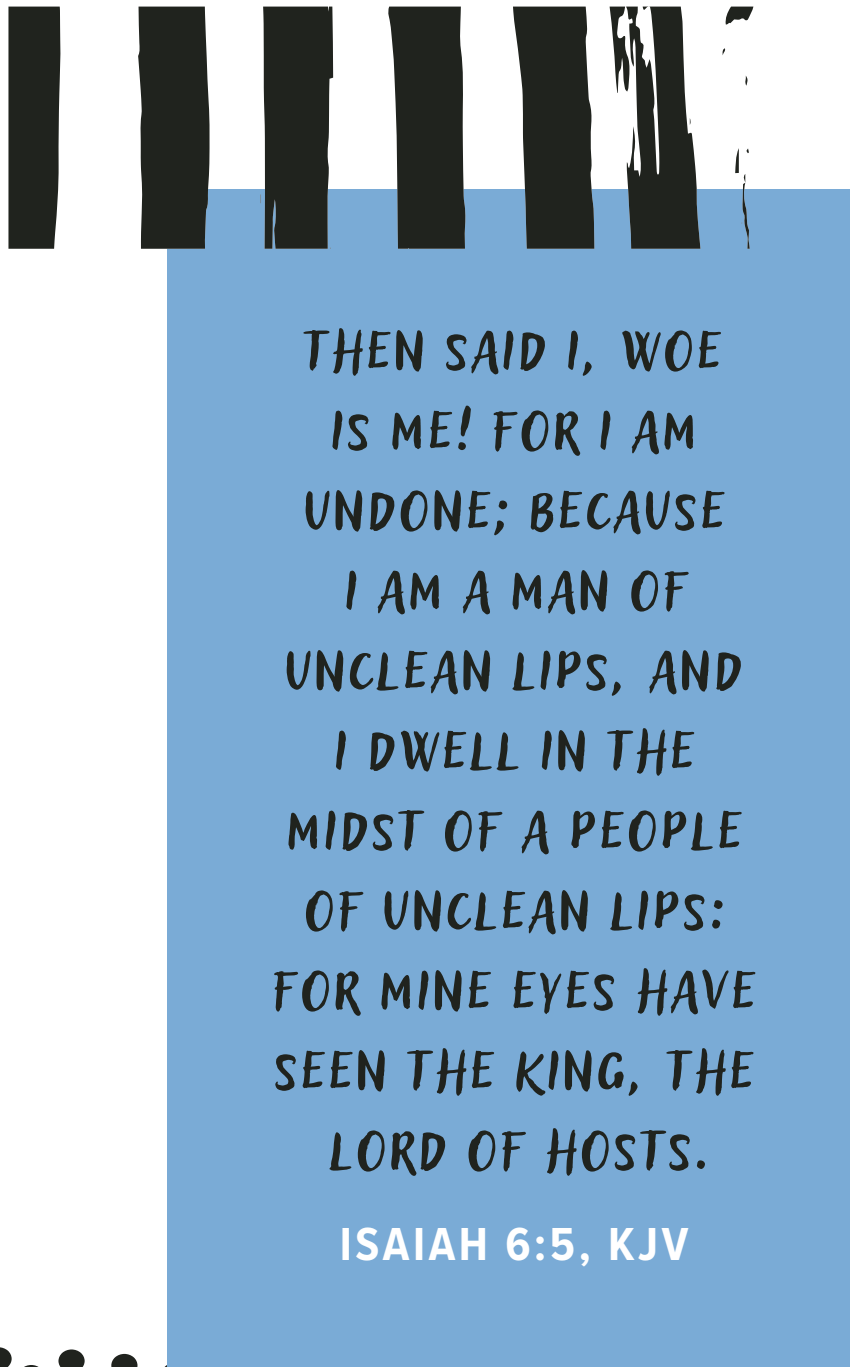
## LEADING A GROUP?

We've included a leader guide at the back of the book, which offers general tips and helps guide discussion. This study is also available for women, so you'll find a mom and daughter guide at the back of the book if you decide to do this study together.

1

# INTRO





THEN SAID I, WOE  
IS ME! FOR I AM  
UNDONE; BECAUSE  
I AM A MAN OF  
UNCLEAN LIPS, AND  
I DWELL IN THE  
MIDST OF A PEOPLE  
OF UNCLEAN LIPS:  
FOR MINE EYES HAVE  
SEEN THE KING, THE  
LORD OF HOSTS.

ISAIAH 6:5, KJV

MEMORY VERSE



# INTRODUCTION

We often hear or see affirmations from well-meaning people telling us we are worthy. “You are amazing! You are beautiful! You are worthy!” You can see the Instagram® post now, can’t you? And I so want it to be true. I want to be worthy. I want to be worthy of love, of comfort, of success, of a day out with my best friends, of all the good stuff and none of the bad stuff, please. Don’t you want that, too?

My first several years walking with Jesus were marked by a panicked desperation to obtain that worthiness. I thought being worthy would lead to comfort. It sounds so nice to be worthy. I still sometimes think that way.

Like, I may not be worthy in this moment, but I *could* be worthy if I tried hard enough, right?

At the moment I’m writing this, I’m on a plane, headed across the country to speak to a group of women about Jesus. Surely someone who writes for and speaks to women about Jesus and the Bible needs to be worthy, right? Especially by the time I stand on a platform and talk about the most important and definitely worthy Person who has ever lived.

Don’t worry, friends. I’ll get worthy by then. The conference isn’t until tomorrow afternoon anyway. So, maybe not the end of this day, but surely worthiness will happen to me before tomorrow afternoon.

Here’s the thing—it won’t. We know that. Worthiness won’t arrive just by me thinking about worthiness.

To think of myself as “worthy” is to forget the cross. It doesn’t work. And every time I get caught up in a cycle of striving and failing, of focusing on what I do more than what Jesus does, I end up feeling temporary self-righteousness or devastated by shame. I so want to be worthy, but most often, what I feel is shame.



## WHAT IS SHAME?

I think of shame as that horrible sinking feeling you get when you say the wrong thing, when you hurt someone you love, or when you realize you've done wrong and there's nothing you can do to fix it. That *if I could just get a redo of the last ten minutes* feeling. That feeling of, *Oh no, I've blown it. The thing or the person or the life I love is irreparably broken.*

We often feel shame because of things we've done, but we can find ourselves feeling ashamed for other reasons, too.

What about the girl who's struggling to find a date to the homecoming dance—or sits at home most Friday nights now that many of her friends have boyfriends? What about the girl who wishes she looked different or fit in with a different crowd? What about the girl who can't escape the gossip about her past?

I think of Elizabeth's story, which you can read in Luke 1. Elizabeth couldn't control her inability to conceive, and it made her feel shame. In these situations, shame may be cultural; it may not be the result of anything we've done but of circumstances beyond our control.

Or what about the shame you carry, not because of what you've done or not done, but because of what was done to you? Not the shame of your sin but the shame you carry because of how others have sinned against you.

You don't necessarily have to be the villain to feel like you are, right?

And there is also a deep and difficult kind of shame that comes from physical, emotional, or sexual abuse. We see a biblical example of this kind of shame in the life of Tamar (2 Sam. 13). If you've walked through this sort of trauma, we encourage you to find the support you need.\*

Life is so hard. From the most extreme to the most "minor" situations, we have all felt humiliated, embarrassed, and ashamed. Shame is a sad reality in our broken world, especially for those of us who are in Christ. We weren't meant to live in hopelessness, crushed under the weight of shame.

## HOPE FOR THE SHAMED

A long time ago, the prophet Isaiah stepped into the throne room of God, and he was “undone” by his brokenness in view of God’s holiness. He cried out in despair, recognizing he shouldn’t even be alive in the presence of such perfection. But then, a weird and beautiful thing happened—a terror-inducing angel, through the smoke and the shaking and the grandeur, touched Isaiah’s mouth with a coal and told him his sin was forgiven. Isaiah’s response? “HERE I AM. SEND ME. I DON’T CARE. I’M YOURS! I’LL DO WHATEVER!” That is the explosive beauty at the core of the Christian experience. Isaiah moved from death to life. He moved from being undone by shame to having hopeful humility and urgency to serve the Lord.

You guys, this is what Jesus does.

We were as good as dead, but the forgiveness of God gives us new life, new purpose, new confidence, new hope.

Unfortunately, many people never experience undoneness. They move through life convinced they are the source of greatness and hope. That doesn’t work either. God designed our hearts to encounter their unworthiness, see God as glorious and gracious, and leave all self-sufficiency and shame behind as we trust in Him. Anything else leaves us hopelessly fighting to prove to ourselves and the world that we are worthy, when deep down we know no amount of effort can make us worthy.

**SO, WHAT ARE WE DOING HERE? WHY ARE YOU DOING THIS BIBLE STUDY? CIRCLE WHICH OF THE TWO FOLLOWING CATEGORIES YOU THINK YOU FALL INTO.**

## IF YOU’RE UNDONE (OR NEED TO BE)

If you’re afraid you need to have your life together to participate in a Bible study, don’t worry. It’s actually the opposite. This is for undone people (and people who need to be undone). To be undone, like Isaiah, is to realize your unworthiness in the presence of the One who is worthy. The right amount of undoneness is good for us; it leads to humility and trust in God. I pray that this Bible study helps you see and remember that being undone in light of God’s goodness is the right place to start.

## IF YOU'RE TOO UNDONE

Maybe that's not you though. Maybe you feel a bit too undone. I think a lot of Christ followers get stuck in the undone place. Sometimes we catch a glimpse of the train of God's robe and the depth of our sin, and we feel crushed by how ridiculously we fall short. We fail to move on to the hopeful humility that flows from God's forgiveness.

If you've got the undone part down already, I want this Bible study to help you move beyond the shame of your sin to the joy-inducing, peace-producing thrill that comes from a lifestyle of repentance and a happy relationship with Jesus.

We were made to live in the light, confessing and repenting and renouncing our shame, because Jesus was shamed in our place. You can have that.

So, let's do this. Join me in Scripture for the next few weeks, and let's see the freedom available to us when we experience the mercy of God deeply. Let's study the Bible, do what it says, and enjoy what it gives.

I used to live life doing my best, hoping and straining for wholeness and peace and perfection. I wanted to move past my mistakes and never again do anything I regretted. I longed for the day when Jesus would come through the clouds and fix me so that I wouldn't break anything else. I worked, hoped, and longed, without realizing peace with God and joy in Jesus could exist for me today. Like, right now, in this very moment, before I take my next breath—I can be shame-free. I can rest. Because this day, this weekend, this life, is not about how well I'm able to perform; it's always only about how Jesus performed in my place.

When I remember the good news of the gospel of Jesus, I remember I don't have to be super perfect and polished; I can simply delight in the truth and power of God's Word. Shame is a lie. Jesus is better. Let's discover this together.

\* Talk to your parents about finding a professional counselor in your area. You might want to check out websites like [aacc.net](http://aacc.net), [focusonthefamily.com/counseling](http://focusonthefamily.com/counseling), and [biblicalcounseling.com](http://biblicalcounseling.com), or ask your pastor or church leader for their recommendations. If you are currently in an abusive situation, please reach out to your local authorities or call the National Domestic Violence Hotline at 800.799.7233. There are people who can help you get to a place of safety.

# SESSION 1 / GROUP TIME



## WATCH

Write down any thoughts, verses, or things you want to remember as you watch the video for Session One.

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## DISCUSS

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—Adam and Eve and the beginning of shame.

**READ GENESIS 3:8-11** as a group. Keep in mind that this is after Adam and Eve, the first two created people, sinned against God by doing the one thing He had commanded them not to do. What did they do when they heard God coming?



### In verse 10, what did 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 families, friends, and classmates—knows 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. The next six weeks are not about your past or exposing your guilt for all to see; they're about God and what He's done to free you from it. Stay, focus on Him, and share what you feel 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.

**Get to know your group! Share names, which school you go to, and what you like to do for fun.**

**What's your first memory of a moment of shame or embarrassment?**

**Do you feel like you've had an "undone" moment, like Isaiah? If so, share what it was like when you saw 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 start this study?**

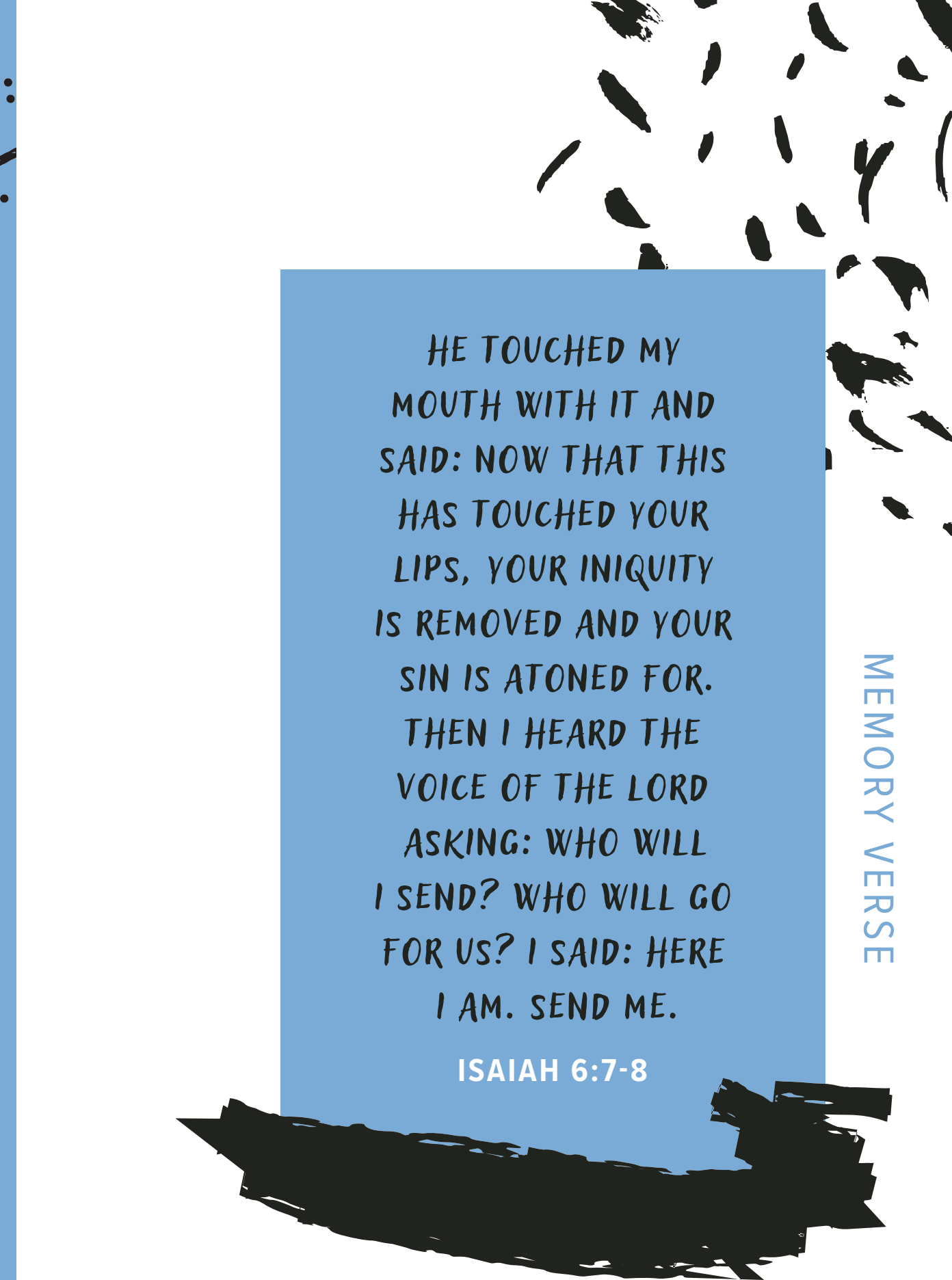
## **PRAY**

Come before God together and ask that He help each of you understand His grace more deeply as you study and to extend that grace to one another.

2

**ASHAMED  
ISAIAH**

**JESUS  
REMOVES  
OUR  
SHAME**



HE TOUCHED MY  
MOUTH WITH IT AND  
SAID: NOW THAT THIS  
HAS TOUCHED YOUR  
LIPS, YOUR INIQUITY  
IS REMOVED AND YOUR  
SIN IS ATONED FOR.  
THEN I HEARD THE  
VOICE OF THE LORD  
ASKING: WHO WILL  
I SEND? WHO WILL GO  
FOR US? I SAID: HERE  
I AM. SEND ME.

**ISAIAH 6:7-8**

MEMORY VERSE



## ASPIRING WITNESS PROTECTION PARTICIPANT

### ISAIAH 6

Every time I experience any conflict of any kind, I want to move to a new city. I love getting away from problems. I have often wondered what it would be like to join the Witness Protection Program. Not because of any personal danger—I can't recall witnessing any substantive crimes. I just rrrreaalllly like fresh starts.

I've been fresh-starting like it was my job since I was born, before I even had a say in it. By the age of five, I'd already lived in Los Angeles, New York City, Connecticut, and Miami. Since then, I've lived in Nashville and Orange County, and now Nashville again.

You probably don't have much control over where you live or how often your family moves, but maybe you know the feeling of wanting a fresh start. Maybe you've wanted to change schools or go to a different church. Maybe you constantly change your hair color or try new things or flit from one group of friends to another. Maybe you lose yourself in books, movies, or social media where you get to be absorbed into a new story.

Those things aren't necessarily wrong, but maybe, like me, you've been informally and accidentally witness-protectioning yourself for a long time.

I think I've sometimes been running from shame. I seem to lean toward running and hiding rather than staying and serving because I don't want to feel the shame of my brokenness or weakness. I don't want to be confronted with the fact that I am human and imperfect and sinful. It sounds awful, you know?

**While you probably don't have any say over where you live, can you relate? What is your typical response to conflict?**

If you tend to run from shame, where do you usually run or hide? Circle anything that hits you, then explain why you run or hide this way.

SCROLLING  
SOCIAL MEDIA

WATCHING A MOVIE

SWITCHING GROUPS  
OF FRIENDS OFTEN

PURSUING  
PERFECT GRADES

ALWAYS  
KEEPING BUSY

BINGING A  
TV SHOW

READING A NOVEL

OTHER

CHANGING YOUR STYLE  
OR APPEARANCE

But God does incredible, miraculous, shame-crushing, joy-inducing things when we admit and confess our sin. One of the most beautiful examples of this is in the book of Isaiah.

**READ ISAIAH 6.** Then look back at verses 1-5, and list five things Isaiah witnessed in those verses.

- 1.
- 2.
- 3.
- 4.
- 5.

Write out the phrase the seraphim shouted to each other.

What a scene. It sounds terrifying, overwhelming, otherworldly—*kind of weird, actually*—right?

Now, let's look back at verses 6 and 7. A hot coal being put on a guy's mouth by an angel? Strange. But what spiritual thing happened during that physical act?

Isaiah's iniquity—a big word for sin—was removed. The book of Isaiah was originally written in Hebrew, and the words *your iniquity* are translated from a word that means, *guilt, punishment for iniquity*.<sup>1</sup>

So, not only was Isaiah relieved of the punishment he deserved, but he was also relieved of the guilt. That's huge. Consider that again—God doesn't just remove the punishment; He removes the guilt. We've all felt guilt before, so we know guilt is a too-heavy-to-carry punishment in itself.

Just like that—*poof*—guilt is removed. Have you ever faced trouble and gotten away with it?

Picture that situation in your mind. Maybe your parents still don't know about that lie or that night or that mistake to this day. Maybe you carried shame for a while but eventually got over it. Or maybe you're still not over it.

Here, with the angels and God and Isaiah, we see a man who was thoroughly guilty standing before the God who sees all and knows all. And instead of destroying him, God forgave him. It's hard to even imagine what that must be like, right?

**READ ISAIAH 6:8-13, and answer the following questions.**

**What did God ask?**

**How did Isaiah answer?**

### What mission did God have for Isaiah?

That mission sounds pretty horrible. God sent Isaiah out to deliver bad news from God. He told Isaiah how it was going to work out, and how it worked out was not great.

### Has God ever called you to something that felt pretty horrible? Explain.

### If you did what God called you to, how did it work out for you and the people around you?

In those early figuring-it-out years of my faith, I wouldn't have had much to write in spaces like the one above. My fear and shame kept me from obedience. My fear and shame kept me from living for God, listening to God, and being blessed by taking part in the mission of God.

But the more I began to understand my own sinfulness and just how much it took for God to redeem me—just how much love and mercy was involved—the easier it was to take baby steps in the direction He led. As soon as I started taking those steps, the blessings He poured out on me and the people around me were overwhelming.

Blessings like purpose, peace, and joy.

### Do fear and shame keep you from walking in obedience? If so, what does that look like in your life?

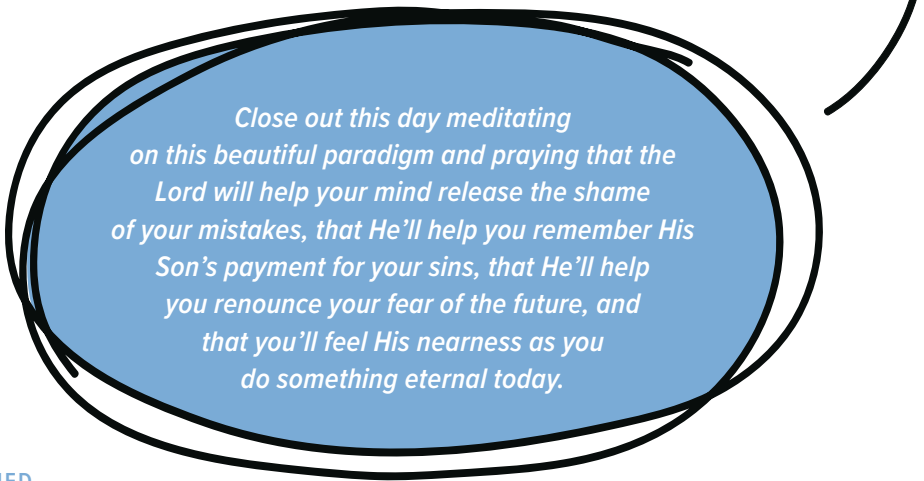
If you answered yes to that last question, remember what Isaiah's coal-meets-lips scenario means for you. Like Isaiah, we are unworthy when faced with the purity of our perfect, all-powerful God. But that hot coal reminds us God is so loving that He offers us forgiveness. While Isaiah's forgiveness was symbolized with a burning coal, our forgiveness is offered through the sacrificial death and resurrection of Jesus Christ.

**What baby step can you take as you seek to live the mission God is calling you to? How can you say, "Here I am; send me," this week?**

I think Andrew Davis sums this up powerfully. In *Exalting Jesus in Isaiah*, he writes:

*What a beautiful sequence in this narrative: a vision of the enthroned Lord in his glory leads to overpowering heavenly worship, and it also leads to Isaiah's awareness of his sinfulness, which leads to him crying out against himself, which leads to the atoning work for his sin, which leads to hearing the Lord call for a messenger, which leads to Isaiah presenting himself for service. In this sense, Isaiah 6 stands as a lasting paradigm for all who would enter the Lord's service.<sup>2</sup>*

In short, awareness and repentance of sin leads us to offer ourselves up to the Lord for His work.



*Close out this day meditating on this beautiful paradigm and praying that the Lord will help your mind release the shame of your mistakes, that He'll help you remember His Son's payment for your sins, that He'll help you renounce your fear of the future, and that you'll feel His nearness as you do something eternal today.*

## COWERING FROM CONSECRATED COUSINS

**LUKE 14:7-14, 25-33; ISAIAH 6:7**

The times I've felt most ashamed were the same times I witnessed someone else's apparent act of kindness or sacrifice. Someone else's "Here I am; send me" moments often point out my lack of them.

I will never forget running into some distant cousins at a family function and avoiding them like I avoided germs in 2020. Note: They are lovely cousins, but they were fresh off the plane from two international adoptions for a couple of sweetheart girls with special needs.

How wonderful, beautiful, and noble, right?

Well, instead of asking questions or encouraging them, I had this weirdly timed urge to stand in the bathroom and check my hair every time they came near.

In my mind, the adoption-loving cousins were in the throne room with the shouting seraphim, and I was unworthy and unwilling—the opposite of all the good things they were.

Their selflessness shined a spotlight on how selfishly I was living.

Their courage reminded me of how comfortable I'd become hiding from my purpose in the world.

Enter the restroom. Check hair. Feel shame. Repeat.

Their evident fruit reminded me of how fruitless my life looked. And I didn't like it.

*Woe is me! I am unworthy of having small talk with these superhero humans, and I'm not sure I want to do what it seems to take to be worthy.*

Though my comfort-craving heart lies to me and tells me that a good life is an easy one, God has never skirted around the reality of His holiness or the very real cost of following Him.

Can you think of a time in your life when being around holiness or goodness shined a light on your guilt and made you want to run away? Reflect on that in the space provided.

**READ LUKE 14:7-14.**

In this passage of Scripture, Jesus was eating at the house of one of the leading Pharisees, a religious leader of the time. After observing their behavior, He taught them about humility.

How would you define *humility*?

How is humility demonstrated in this example from Jesus?

The Bible talks about humility a lot. We must humble ourselves to know God. We must humble ourselves to recognize our need for Him in the first place.

**READ LUKE 14:25-33.** What is the cost of following Jesus?



## Why do you think this teaching came after a teaching on humility?

The cost of following Christ is great. We must be willing to bear our own crosses—ready to give up everything to follow Him. This is including, but not limited to, giving up our pride. When we recognize our need for Jesus, when we realize we can't save ourselves or earn holiness, when we understand we will never be worthy on our own, that is humbling.

It might even sound humiliating. Well, one of the coolest things I ever learned was how different “humility” and “humiliation” are.

Here are some synonyms for the word *humiliate*: dishonor, disgrace, mortify, shame, degrade, take down, cheapen.

On the contrary, here's a list of synonyms for *humility*: modesty, meekness, lack of pride, lowliness, down-to-earthness.

Those are pretty different lists for two words that sound so similar and are so often mixed up.

One word suggests a sort of self-loathing, and the other looks a lot like Jesus.

**Do you struggle with viewing these two words as equals? Do you feel holier when you are beating yourself up? Take a minute to write out what this struggle looks like (or has looked like in the past) for you.**



In the table below, write down what God's Word says about true biblical humility.

SCRIPTURE	WHAT WE LEARN ABOUT HUMILITY
Micah 6:8	
Proverbs 18:12	
Isaiah 57:15	
1 Peter 5:5	

Whew. The Bible has a lot to say about humility, doesn't it? And that list is nowhere near exhaustive. Looking over all this Scripture, I noticed how frequently God's people are commanded to be humble.

Commands like these can be difficult to wrap your mind around, because with any fruit of the Spirit or Christlike way of being, if you pursue said good thing for the wrong reasons, you never find it. Like, if I say to myself, *I want to be humble so that I am awesome and loved by God and people*, I'm doing it wrong.

**LOOK BACK AT ISAIAH 6:7.** What caused Isaiah's humility?

Forgiveness! Isaiah's experience and awareness of the undeserved and dramatic forgiveness he received from the holy, perfect, true God humbled him.

*As you close out this day, ask the Holy Spirit to help you identify where you might be stuck in humiliation. Ask Him to help your heart move toward humility.*

## A SWEET, SHAMELESS REDHEAD

**ISAIAH 50; LUKE 7:36-50; PSALM 103:11-14**

Isaiah 50 is about listening to God—even when it means suffering. After His encounter with God in chapter 6, Isaiah was a willing prophet who obediently delivered tons of bad news about God’s coming judgment. Isaiah listened and obeyed. Good job, Isaiah! But remember, Isaiah was also “a man of unclean lips” (6:5). Isaiah was a sinner.

Other than being the bearer of bad news, Isaiah is known for prophesying about the coming Messiah. If you’re new to Christianity and you don’t know what any of those words mean, here, *prophesying* means foretelling the future. *Messiah* means Savior. Yes, Isaiah was telling the nation of Judah a whole lot about God’s coming judgment. But Isaiah was also sharing the ground-breaking, globe-shaking news that God, in His mercy, would send a Savior. Jesus, the One who would, quoting the *Lord of the Rings* series here, “make everything sad come untrue.”<sup>3</sup>

And here, in Isaiah 50, we get to hear more from Isaiah—a sometimes obedient but flawed and imperfect servant—writing about the coming of a perfectly obedient, perfectly unselfish Servant. He was writing about Jesus before Jesus came.

**LOOK UP ISAIAH 50, AND READ VERSES 4-10 from the perspective of the perfectly obedient Servant to come (Jesus). What does verse 4 say God had given Him?**

**What did Jesus say He did not do in verse 5?**

**What future thing does it sound like Jesus was describing in verse 6? (Hint: read John 19.)**

I want you to pay such special attention to Isaiah 50:7. So, go ahead and copy it down in the space provided.

In this verse, we can see the nature of Jesus displayed—He is one hundred percent man, but He is also one hundred percent God. The math doesn't add up, but it's true. He is the Son of God, and God sent Him to live a sinless life on earth, to die on the cross for our sins, and to be raised again, defeating death.

For most of us, the events described by Isaiah in verse 6 would be humiliating. To be beaten and mocked and spit on? Sounds like the worst, right?

But verse 7 tells us Jesus would not be humiliated. Why? Because He is God, and He knows the end. He knows the results will not be humiliation but vindication.

Because of this heaven-touching-earth moment, we can echo our Savior and say, "I have not been humiliated . . . I will not be put to shame." That is true for us in Jesus. Hallelujah.

**So, what can our lives look like when we remember and embrace this reality?**

Before I'd spent much time with Jesus or much time in His Word, I worked at a church. I remember the sweet redhead who worked at the front desk just exploding with love and happiness. She was truly the quintessential front desk person. She made everyone who came to her feel completely wrapped in care and kindness. I remember commenting on it one day and she said, "Oh, the one who's been forgiven much loves much!"

*How brilliant!* I thought, not realizing that she was literally quoting Jesus.



**READ LUKE 7:36-50.** How did the woman in this story behave around Jesus, and what did the Pharisees think about it?



In verses 44-47, Jesus explained why her behavior was appropriate and beautiful. Put His explanation into your own words.



Who have you met who seemed to be genuinely humble? Describe how that person lived and how he or she made you feel.



What a beautiful thing that the Spirit of God in the lives of believers leads to humility. But even people who look a lot like Jesus will let us down in this life. Thankfully, we can study the life of Jesus, and in Him, we see and know and hear from the only One who perfectly humbled Himself (Phil. 2:8) even though He had every reason not to.

In seasons when I've suffered with depression or grief or anxiety, when I've spent hours awake in the middle of the night cycling through the worst moments on my "shame reel" (more on the shame reel later), the thought of being someone like Sweet Redhead feels impossible.

**In the space below, quickly jot down the mindsets or negative thoughts you carry with you.**

**READ PSALM 103:11-14. What point did the psalmist make about our sins (or transgressions)?**

**What did he make about God?**

Okay, spend more time on this part please. 😊

Go back over the list you wrote on the previous page of your negative thoughts and scribble out those things with passion and pressure like your life depends on it, so you can't make out a single word you wrote.

Jesus is better and stronger than anything you can ever write. He gives His best and His strength to you. Because of Jesus's sacrifice, our compassionate God has removed our transgressions "as far as the east is from the west" (Ps. 103:12).

*Now, close this day and take all the time you need to write down as many things as you can think of that remind you of the goodness of God. When you are tempted to replay your shame reel or tell yourself lies about who God is and who you are, remember what the Bible says—our God is good and compassionate. Use the following verses to jog your memory and write down ways you've noticed this goodness in your life.*

- Exodus 34:6
- Psalm 23
- Psalm 145:8-10
- John 3:15-18
- Philippians 1:6
- James 1:17

## BROKEN THINGS AND DEBTS TO PAY

**ISAIAH 53:1-12**

When I was a poor newlywed, my husband and I shared a car. I often had to carpool or wait for rides. One day, the kindergarten teacher at my school noticed my plight and said, "I have an extra car sitting in my garage that's not being driven. My husband and I want to loan it to you."

What a gift! I was so grateful. But almost immediately, car-borrowing-tragedy struck. The loaner was an older convertible and one day, I rolled down the window to find that it wouldn't roll back up. When it started to rain and a few droplets threatened the interior leather of my borrowed car, I panicked. I ran inside and found black trash bags and duct tape (things you always keep on hand when you're broke), and I duct taped the sweet kindergarten teacher's car up.

I felt horrified and humiliated having to tell her that I broke her car. In an act of sheer mercy, she said, "Scarlet, don't worry about it. We will fix the window. Just leave it in the parking lot."

Humiliating, yes. Relieving? So much yes.

**Have you ever had someone take the fall for you? What happened?**

**When have you broken something you borrowed, and the person told you not to worry about it?**

Fast-forward a decade, and we had enough extra income to buy an iPad® but not enough to replace it if something were to happen. So, when someone from our church borrowed the iPad and returned it broken, I found it easy to say, "Don't worry about it." Not because we had money to replace it, but because people had done the same for us. God had done the same for us.

When you know how it feels to have a debt paid for you, it's a joy to do the same for others.

It should work the same way for us as followers of Christ.

**When has a friend borrowed something from you and given it back broken or in worse condition than when she borrowed it? How did you respond?**

We can have the joy of living out each day we're given in light of this overwhelming debt Christ has paid for us. We can be the most gracious people in the world because we know what it is to be ashamed and humiliated and panicked because we've broken something and don't have the means to fix it.

**How would you respond differently in a similar situation, considering how Jesus has paid the greatest debt you owed?**

**READ ISAIAH 53:1-12.** Who is this "guilt offering" Isaiah wrote about, and what does this passage tell you about Him?

The detail we are given about Jesus hundreds of years before His birth amazes me. God's people were told what He'd be like, how He'd arrive, and about the shame He would carry.

**LOOK BACK AT ISAIAH 53.** What does verse 6 say about us?



How did God respond to our actions, according to that verse?

Now, look up the following verses, and write down what they say about our debt.

SCRIPTURE	WHAT WE LEARN ABOUT DEBT
Romans 6:23	
Ephesians 1:7	
Hebrews 7:27	
1 Peter 1:18-19	
1 Peter 2:24	
1 John 2:1-2	

We are so indebted to our Creator and Rescuer, it would break our brains to fully grasp it.

Our shame often comes from going our own way rather than looking for God's way. But verse 6 shows us that He did make a way for our debt to be paid: He laid all our shame over every sin in our past, present, and future on His Son's capable shoulders. For every time we go our own way, there is grace because of Jesus.



I get it—God’s way isn’t always easy to see. And when we do see God’s way, it’s not always easy to follow or stick to it.

Think about a situation where you need to choose how to move forward. Write out what it would look like to go your own way, then read the following verses and go back and describe what it might look like to go God’s way instead.

- Situation:
- Going my own way:
- Going God’s way:
- What God’s Word says: Matthew 5:1-12; 6:26-34; Luke 6:27-28; Romans 12:18; Galatians 5:22-23; 2 Timothy 1:7; 1 Peter 5:7

Read 1 John 1:9. What can you do if you’ve already chosen your own way?

Read John 14:26 and Acts 1:8. How can you choose differently in the future?

*Spend a few moments praying, thanking God for sending His Son to die in your place. Thank Him for His forgiveness and love.*

## ISAIAH ALL OVER THE PLACE

**ISAIAH 61:1- 2; LUKE 4:16-19; JOHN 12:37- 41**

The book of Isaiah is the most frequently quoted book elsewhere in the Bible. Why? Why is it so important that other biblical authors kept sharing it? What about Isaiah is so fundamental to our faith?

Put simply, Isaiah kept saying Jesus was coming. Girls, Isaiah clearly presented the message of the gospel seven hundred years before the gospel was fulfilled. He predicted it in great detail—accurately.

**Think about a movie or book where a character has quite the reputation for protecting those they love—they will go to any lengths to keep their people safe. What book or movie comes to mind? Why?**

**Does it seem believable to you—characters who will do absolutely anything for the good of the people they love? Why or why not?**

Sometimes these kinds of sentiments and relationships just seem too good to be true. If that's the case for us today, can you even imagine how this would have sounded to the hearers of Isaiah's words back in those pre-Rescuer days?

All this to say, the book of Isaiah is important because it pointed to the reality of the Rescuer who was to come. And then He came, and He and the people around Him were like, "Remember what Isaiah said? Open your eyes!"

**OPEN UP TO JOHN 12:37-41.** In my Bible, there's a subheading that says, "Isaiah's Prophecies Fulfilled." Read through the verses, and in the space below, list the verses from Isaiah referenced in this passage in John. (Hint: look at the footnotes or cross references in your Bible.)

Rewrite the prophecies from Isaiah in your own words.

Here in John, we see Jesus living out the calling that Isaiah prophesied about in real time.

**READ LUKE 4:16-19.** What town was Jesus in, and what did He read from?

What Jesus read there in His hometown was not random at all.

**READ ISAIAH 61:1-2.** Which specific phrases do you see here that you just read in the Gospel of Luke?

Isn't that incredible? And it's just one of many examples of this. Jesus was the long-awaited hope, the way-better-than-any-character Hero. He didn't provide us temporary safety; He bled and died and rose again, giving eternal hope to our broken hearts.

Raise your hand if you forgot you were doing a Bible study about shame? Looking at intricate fulfillments of this hope makes it difficult to think about lesser things—even our shame. And that's the whole point.

God is so wonderful, so compassionate, so loving. He overwhelms lesser things in our lives and gives us what we need. He has given us signs and wonders and details and miracles—as if salvation wasn't enough! We can look through this alive and active book (Heb. 4:12) and see His provision and His hand, throughout history, on every page. Why do we so often doubt His hand in our own lives?



This may look a little daunting, but it's going to be really cool. On the left, you'll see a New Testament reference and what the reference points to. As you read these passages, look closely at the little letters, numbers, and footnotes. In each of these verses, you can see which verse of prophecy it is fulfilling and where it's found in Isaiah. I've done the first couple for you.

<b>MATTHEW 1:23</b> A virgin will become pregnant	Isaiah 7:14
<b>MATTHEW 12:21</b> Jesus is hope for the Gentiles	Isaiah 42:1-4
<b>MARK 9:48</b> What eternal separation from God is like ("Fire is not quenched . . . ")	
<b>LUKE 4:17-19</b> Jesus is anointed to preach	
<b>JOHN 12:39-40</b> Blinded eyes and hardened hearts	
<b>ACTS 8:32-33</b> Jesus led like a sheep to the slaughter	
<b>ROMANS 9:33</b> Believers will not be disappointed	
<b>1 CORINTHIANS 15:54-56</b> Death swallowed up	



*Jesus is good news. The gospel is good news. Death has been "swallowed up in victory" (1 Cor. 15:54). Your shame from failures—past, present, and future—shrivel up in that kind of hope, right? Believe this promise. Memorize it. Cling to it. Jesus has swallowed up our shame and given us the victory. We can have true and lasting peace.*



REVIEW THIS WEEK'S  
MEMORY VERSE

## DISCUSS

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. 32), 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?

HE TOUCHED MY  
MOUTH WITH IT AND  
SAID: NOW THAT THIS  
HAS TOUCHED YOUR  
LIPS, YOUR INIQUITY  
IS REMOVED AND YOUR  
SIN IS ATONED FOR.  
THEN I HEARD THE  
VOICE OF THE LORD  
ASKING: WHO WILL  
I SEND? WHO WILL GO  
FOR US? I SAID: HERE  
I AM. SEND ME.

ISAIAH 6:7-8

## PRAY

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.