

Jesus' Experience with Shame

Hebrews 13:7-17

Does Jesus *understand* our shame? Can he *be trusted* with the issues in our lives that cause shame? In the days leading up to and including His crucifixion, Jesus experienced all kinds of things that commonly cause shame. We aren't told whether or not Jesus actually experienced shame from these things, but we are told that He experienced things that would cause most of us to have the sense that "I'm not enough, I'm not accepted, I'm not worthy." Here's the deal . . . we don't need someone who has experienced shame; we need someone who has successfully negotiated circumstances that commonly cause us shame. That's Jesus. Let's look at him.

Opening Question: One person called shame "a bully." What do you think of that description?

Read Mark 14:10-15:37

1. What kinds of things did Jesus experience that might have caused shame?
2. How might that thing have caused shame?
3. What thoughts/feelings do you experience when you reflect on all that Jesus experienced?
4. What ways, if any, do you connect with these sources of shame that Jesus experienced?

Read Hebrews 12:1-2

5. In what ways is shame an encumbrance that can keep us from running with endurance the race set before us?
6. What do you think it means when it says that Jesus despised the shame?
7. What might it mean to despise your shame?

Steve said:

When we experience shame we filter everything in our world through our own emotions and thoughts. Such self-absorption fuels our shame. Now we have another option. Instead of fixing our eyes on ourselves, we can fix our eyes on Jesus. When we do, we begin to starve our shame by not being so self-absorbed. And we begin to see our shame differently. We see that Jesus experienced things far worse than us and yet He despised the shame - He refused to give it a place of supremacy in His life and refused to let it distract Him from His God-given mission. As we fix our eyes on Jesus we learn to do the same.

8. Do you agree with Steve that at one level shame is “self-absorption”? Why or why not?
9. If in fixing our eyes of Jesus we can come to understand that Jesus really does “get it” (i.e. he understands our experience with shame) how might that be helpful to you?