

Small Group Lead Notes-Lesson 10 The Cross: Our Deliverance from Toxic Shame

- **Ppt1: four:one Journey – Lesson 10**
 - Have this opening ppt up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 10 - 3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.
 - Lessons 9 & 10 have historically been challenging lessons for Four:One Journey participants. Because our first shameful activities occur during childhood, those shaming activities (abuse, neglect, embarrassment, etc) can go unresolved simply because a child lacks the relational maturity to address the pain. So, defense mechanisms most likely have been part of personal behavior for years!

The Prepare page

- **Take Away:** Have someone read the Take Away on P 10-2.
 - As you viewed the video presentation by Dr. Curt Thompson, what new insights did you glean?
 - Utilize the White Board throughout your session to emphasize key points

The Polarity of Shame Ppt 2: Polarity Definition

- In this sub-section, the purpose is simply to express the intensity of the emotion of shame.
- Have someone read Psalm 25:2-3 and Psalm 31:1, 17
 - Review the questions related to these two passages
- Have someone read Psalm 35:4 and Psalm 40:14-15
 - Review the questions related to these two passages

Shame as Emotionally Debilitating

- On p. 10-6 spend an adequate amount of time understanding the depth of this section
 - Have someone read **Ppt 3**
 - “The desire to be seen and known is not something we have manufactured because we are needy.”
 - “The mind we first see in our development is the internal state of our caregiver. We coo and she smiles, we laugh and his face lights up. So, we first know ourselves as reflected in the other... Our resonance with others may actually precede our awareness of ourselves.”
- **Ppt.4 & 5...**show these two slides and ask “what do you see.”
- Continue working through this section...

- Don't let your students get stuck in thinking "doesn't everyone think babies are cute, adorable?"
- Help them go beyond thinking about the naturally tender moments when a family member first meets the "new baby" to thinking about the on-going and developmental interactions between the new baby and their parents, grandparents, uncles, cousins, etc.
- Do you believe "It is clear the need to be seen, known, and valued is a God-given need, wired within us from birth?"
 - Have someone read the referenced passages in Psalms 139.
- Discuss the bulleted questions at the end of this section

The Damaging Effects of the Misuse of Shame

- Work through this section

Shame as an Attachment Emotion

- As your work through this section, and before you move to the Shame Continuum, be sure the final paragraph on p. 10-11 is adequately addressed and understood.
- The Shame Continuum [Ppt 6 \(may be too faint for effective viewing\)](#)

Deliverance from the Damaging Effects of Shame

- It may seem we've spent more time on the ways IN to shame, rather than THE way OUT of Shame. Dr. Charles Solomon's book "The Ins and Out of Rejection" echos the message of this chapter.
 - There are many ways IN to shame and rejection. There is only one way OUT, and that is by the blood of Jesus, who endured the Cross.
 - It was at the cross where the "old" man died and my "new" life in Christ was spiritually birthed.

Recap The Lesson [Ppt. 7](#)

- We are not a hopeless and worthless people, but the jewel of Jesus' crown for whom at the cross He endured your shame and mine. Keep your forehead high, your deliverance from shame was bought at Calvary many years ago. Do you remember Isaiah 49:15-16 in lesson 2? Again, hear the hammer strike the nails in the hand of Jesus; with each stroke of it, He inscribed your name in the palm of His hands.
- Lessons 9 & 10 have been possibly the heaviest lessons for some in your group.
- As with last week, some could still be possessing a heavy heart because of some "unfinished business".
- Be sensitive to any who may need to talk; or who may need some prayer time.

Homework & Application [Ppt 8](#)

- Encourage the participants to read and seriously consider the Scriptures in this lesson.
- Point out that our freedom from the damaging effect from Toxic shame is trusting what the Lord said about who we are, and what He did for us on the cross.