



Group Leader Guide - Week 3

Sermon Recap

Josh discusses the pervasive struggle with shame that affects everyone, regardless of status, beliefs, or any other factors. He emphasizes that shame isolates individuals and can lead to severe emotional and psychological issues, including depression and addiction. Drawing from the encounter between Jesus and a demon-possessed man, Josh highlights how Jesus offers love, healing, and hope even to those marked by deep shame and brokenness. Ultimately, he invites listeners to acknowledge their rough parts and consider how inviting Jesus into those areas can lead to transformation and new life.

Ice Breaker

Option 1: Share a time when you felt ashamed of something, but later realized it was an opportunity for growth or learning.

Option 2: Share a moment in your life when you were completely awed by God's presence, power, or provision.

Discussion Questions

▼ What does Josh say about the difference between guilt and shame, and why is it important to understand this difference?

- *Sermon Context:* Josh discussed how guilt is about behavior ('I am sorry for what I did'), whereas shame is about identity ('I am sorry for who I am'). This distinction is crucial because it affects how we view ourselves and how we respond to our mistakes.
- *Application:* Reflect on a time when you felt guilty versus when you felt shame. How did those feelings influence your actions or decisions in that moment?

▼ How can shame isolate us from community and intimacy according to the sermon?

- *Sermon Context:* Josh highlighted how shame can drag us away from community and cause us to hide from others and ourselves, affecting our relationships.
- *Application:* Think about a time when you felt ashamed or embarrassed. Did it affect your willingness to connect with others? How can you overcome that feeling next time?
- Josh asks 'How much of your life have you spent trying to numb the voice of shame?' and points out that 'You can't selectively numb emotions.' How can you incorporate this understanding into your daily life?

Read Scripture

Mark 5:1-20 NIV

¹ They went across the lake to the region of the Gerasenes. ² When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet him. ³ This man lived in the tombs, and no one could bind him anymore, not even with a chain. ⁴ For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. ⁵ Night and day among the tombs and in the hills he would cry out and cut himself with stones.

⁶ When he saw Jesus from a distance, he ran and fell on his knees in front of him. ⁷ He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? In God's name don't torture me!" ⁸ For Jesus had said to him, "Come out of this man, you impure spirit!"

⁹ Then Jesus asked him, "What is your name?"

"My name is Legion," he replied, "for we are many." ¹⁰ And he begged Jesus again and again not to send them out of the area.

¹¹ A large herd of pigs was feeding on the nearby hillside. ¹² The demons begged Jesus, "Send us among the pigs; allow us to go into them." ¹³ He gave them permission, and the impure spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned.

¹⁴ Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. ¹⁵ When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. ¹⁶ Those who had seen it told the people what had happened to the demon-possessed man—and told about the pigs as well. ¹⁷ Then the people began to plead with Jesus to leave their region.

¹⁸ As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. ¹⁹ Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” ²⁰ So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

Discussion Questions

▼ In the passage, how does Jesus respond to the demon-possessed man, and what does this tell us about how God deals with our struggles?

- *Sermon Context:* Josh discussed how Jesus reached out to a man who was considered rough and shameful, demonstrating that no one is too rough for Jesus to help and transform.
- *Romans 5:8* - 'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.'
- *Application:* How does knowing that Jesus cares about even the most shameful parts of our lives affect your view of your own struggles?

▼ Josh shared an illustration about fleas jumping in mason jars. The fleas believe they cannot jump higher than the lid because 'it's always going to be this way.' How does this relate to the demon-possessed man in the passage?

- *Sermon Context:* Josh talks about everyone's acceptance of the man 'always being this way.' But Jesus changes everything for everyone.
- *Application:* Are you willing to invite Jesus into the rough parts of your life? How is Jesus changing everything for you right now?

▼ What is the significance of the moment when the townspeople ask Jesus to leave after witnessing the transformation of the demon-possessed man?

- *Sermon Context:* Josh described how the townspeople were scared by the transformation they witnessed in the man, leading them to ask Jesus to leave, even though He brought hope.
- *Application:* Have you ever been afraid of change or transformation in your life? What can you learn from the townspeople's reaction to Jesus?

Application Challenge

▼ Josh issued more challenges from this series. How can we apply this to our lives and live out the message?

- What rough parts in my life need the hope that Jesus brings?
 - Josh challenges us to stop being embarrassed by it and identify it.

- Pray the prayer of David in Psalm 139:22-24: "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
- Identify what is holding you back from exploring Jesus.
 - What is stopping you from connecting and learning more about Jesus?
 - In the Bible, the rough crowd loved Jesus and Jesus loved the rough crowd.
- Share your story.
 - In Mark 5:19, Jesus tells the formerly demon-possessed man: "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you."
 - Visit victorycc.life/stories to share yours today.

Remember: **We are the rough crowd.**

Prayer

- Begin by sharing any prayer requests you may have.
- Ask God for the courage to confront any shame in your life.
- Pray for strength to support one another in overcoming struggles.
- Ask for guidance in applying the insights from the sermon throughout the week.

Rewatch the sermon

Visit victorycc.life/watch for on-demand access to all of our sermons.