

ghost stories



SMALL GROUP WEEKLY VIDEO: [HTTPS://VIMEO.COM/583520553/9B5664F515](https://vimeo.com/583520553/9B5664F515)

MAIN IDEA

The Holy Spirit helps you to listen to the truth of Jesus rather than the voice of shame.

STARTER

What is one of your most embarrassing moments from your teenage years?

DISCUSS

If you could go back in time and talk to yourself as a teenager, what is one truth about Jesus you would most want to impart?

READ

Read [Genesis 2:25](#), [Genesis 3:1-8](#), and [John 14:6](#). Discuss:

- What does the account of the fall of man show you about how shame hurts our relationship with God and each other?
- To what degree have you struggled with shame in your life?
- What is a lie you struggle to believe about God or yourself?

Have a few people take turns reading the following Scriptures: [Romans 8:1-6](#), [Romans 8:15-16](#), and [Romans 8:33-34](#). As they read, have everyone listen for a truth or phrase that sticks out to you the most.

- What truth did God highlight for you? Why is that significant to you?
- How do you need the Holy Spirit to help you in your life right now?

APPLY

Take a notecard and write down a struggle you have in your life right now that you need the Holy Spirit to help you with. On the other side of the card, write down a word that represents the truth God wants you to embrace such as “helper,” “chosen,” or “forgiven.”

Share what you wrote with your group and put the card in a place you can see it regularly this week to help you fight the battle against shame. Spend some time praying for each other and for the Holy Spirit to be your helper and advocate against shame.