



## Sunday 16th October 2016

**Allan Demond**

Erasing Shame (7:18, 39:26)

1. Can you recall any of the big themes and structure of Ezekiel (2/3 of book warning and Judgement, 1/3 Restoration and Blessing)?  
Why are we so slow sometimes to heed warnings that God gives us?  
Have you had a recent experience in your life you could share of the compassion, care or blessing of God? How quickly do you turn to God with praise when you see His hand and promises fulfilled?
2. Allan differentiated between shame and guilt. Can you try and explain this?  
Eg: Shame - connect what we did to who we are and this colours the way we live/behave, Guilt - recognition of our actions turn to God who removes it in Jesus  
Why is shame so paralysing and convicted guilt forgiven, so radically different?  
How can we live more fully as the forgiven righteous people of God in Jesus?
3. Allan spoke of 3 erasers for guilt.  
Can you name them?
  - Behaviour change, choose Gods way
  - Vulnerability, live truthfully, open, real with people
  - Grace, goodness of God
4. As in the Garden of Eden we so often turn away from God when we are convicted of sin/guilt and know our actions fall short of God's way. How can we cultivate a pattern of choosing to turn to God? How would this change the way we live and feel?
5. Why is it so hard to be open and vulnerable with others?  
Who could you be that safe listening person for so they can share and be vulnerable?  
What might you learn as you do this about yourself?
6. The Ezekiel passage speaks of God hiding his face but won't do so anymore.  
How do you understand these words?
7. The passage also speaks of God pouring out His Spirit on his people.  
How can we seek to experience this? How will it change us and our lives?
8. Where do you need to know that God is Lord and in control (Verse 29)?