



## “Reframe Your Shame” August 21, 2022

**Speaker:** Irene Rollins

**Scripture:** Various

**Sermon Overview:** Discover how facing your underlying pain will allow you to overcome it and move forward as Irene shares her story and talks about what it takes to break the cycle of addiction and shame.

### Sermon Series Questions:

1. What mirror do you operate from? The true mirror of who God says you are or a distorted mirror? Which mirror do you take your identity cues from?
2. What narrative do you tend to tell yourself most— do you tend to fall into the trap of the shame game, fame game, or the blame game?

### Sermon Specific Questions:

1. Romans 8:28 reads, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Take a moment to think through the challenging moments you've experienced or are currently experiencing. If you've experienced pain or shame during this time, how have you witnessed God reframe your struggle? What are some examples of how you have seen God bring light and hope into your circumstances?

2. Pastor Irene encourages us to "admit our weaknesses, accept God's grace, and apply it to our lives." How has sharing your weaknesses in community with a trusted confidant brought you closer to freedom? Was this confidant able to provide accountability? Encouragement and support?
3. During trials and suffering, we may feel that God is not present or working things out the way we would like him to. Paul realizes in 2 Corinthians 12:9 that the Lord does not "fix" situations because through our pain we see him work a better plan. Not only does God sustain us through difficult times, but his power is also more clearly demonstrated in our weakness. How have you experienced the power of God's grace during a difficult season or circumstance?

## Digging Deeper:

- **Practical tip:** If you find it difficult to see God reframing your challenging circumstance, try keeping a gratitude journal. Journaling can be as simple as writing down 3 gratitudes each day. Exercising thanksgiving will help realign your focus to see that God is always working no matter how big or how small.
- In Genesis 2:18 the Lord says "It is not good for man to be alone." **NCC Small Groups** offer opportunities for connection and going deeper in your faith within community. The [Fall small groups semester kicks-off on September 11th!](#)
- Are you struggling with hurt, habits, and hangups? NCC's Celebrate Recovery offers a Christ-centered ministry that gives people resources and relationships to help them find a new way of living and overcome addiction. ([Ncc.re/care](#))
- **Check out Pastor Rollins' new book** "[Reframe Your Shame: Experience Freedom from What Holds You Back.](#)" Discover how facing your underlying pain will allow you to overcome it and move forward. With practical insights and biblical teaching about what it takes to break the cycle of addiction and shame, Reframe Your Shame will set you on the path to freedom.

## Practical Application:

- Download the NCC app or visit [ncc.re/daily](#) to listen to short, daily teachings M-F accompanying this series – Intentional.
- Join a small group [ncc.re/groups](#) to discover ways you can use your talents and passions to serve the various church campuses in-person and online.
- Make a Bible reading plan a daily discipline and connect with NCC Daily. (Download the [NCC app](#) to find our plan).