

SESSION TWO

Effects of the Fall: Fear, Shame, and Frustration

Session Two Notes

Authenticity = True masculinity is a kind of masculinity that is not driven by _____.

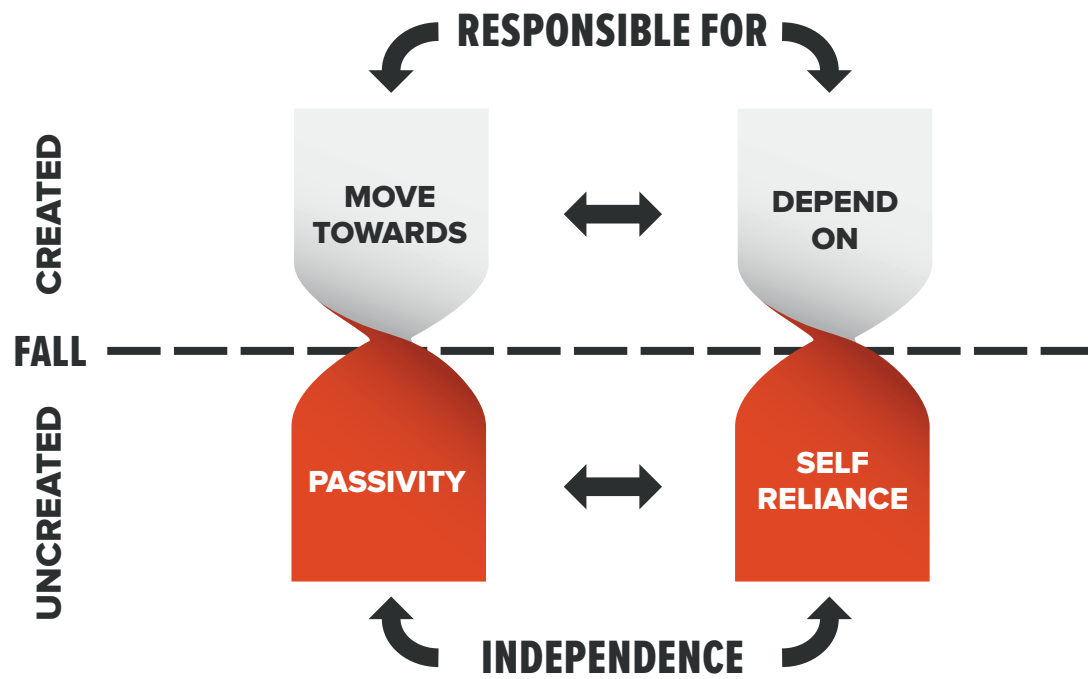
Redeemed Masculinity = _____ the people and situations that God brings into his life.

- Everything that happens is not your _____, but everything that happens is your _____.



INDEPENDENCE

PASSIVE	SELF-RELIANT
I'M PASSIVE IN AREAS WHERE I FEEL INADEQUATE OR OVERWHELMED; I HIDE WHEN I FEEL INADEQUATE TO ENGAGE	I'M SELF-RELIANT WHEN I FEEL I HAVE THINGS UNDER CONTROL, NO NEED TO DEPEND ON GOD



EFFECTS OF THE FALL

Guilt

- Prior to sin, Adam and Eve were _____. After sin, they were in a state of _____.

Shame

- You cannot be connected to other _____ and connected to _____ until you uncover your shame.

Fear

- If you allow _____ to overwhelm you, and then you live your life in _____, you are going to become progressively alone and isolated.

Frustration

- God imposes _____ because we need to be _____.

Only God can cover our guilt and shame so that we do not need to live in fear.

DISCUSSION QUESTIONS

1. A man’s core issue is that he wants to live independently from God. Where have you seen this play out in your life?

2. What is something that stood out to you from the teaching? Why do you think this is important for you to hear?

3. What is the next step you will take as a result of hearing this teaching?

Session Two Action Steps

MOVE IDEA: A 10 MINUTE ACTION STEP

Reread Genesis 3. Ask God to show you an area in your life where you have been passive, self-reliant, and operated independently of him. Is there anything you have been holding back that is causing you to live in shame? You can find shame in your life by asking the question, “What is it that I want to hide?” After you’re finished, decide one step you can take this week to move towards people and situations in your life and depend on God for wisdom and strength. Be prepared to share your step, what you did, and what happened, with the group next week.

MOVE IDEA: A 20-30 MINUTE ACTION STEP

1. Take some time to review each of the situations listed in the **Shame Case Studies** (on the following pages) and circle the ones that you most identify with.
2. Choose one of the situations you circled and write a prayer to the Lord telling him how you feel about that situation.
3. When finished, write out one step you can take towards addressing this area of shame and set a target date to accomplish it before the next session.
4. Be prepared to share your step, what you did, and what happened, with the group next week.

MOVE IDEA: A 60 MINUTE ACTION STEP

Between now and the next session, take some time to examine yourself using the Present/Absent Audit from Session 1. Review each category and questions and then share your results with someone in your group.

FEAR

1. What are some things you are afraid of or worried about? List even minor things so that you have some things to think about.
2. Is there anything that you should be doing or would like to do but have not because you are afraid of how it will turn out?
3. Write a prayer confessing what you think and feel to God and asking him to help you move forward.

4. Write a description of what would change in your life if you really believed God would answer that prayer.

5. What is one step you could take this week to deal with these fears in a more godly way?

SHAME

Take some time to review each of the situations listed in the **Shame Case Studies** (on the following pages) and circle the ones that you most identify with.

1. Is there anything that you should be doing or would like to do that you aren't doing because you feel stuck in shame?

2. Write a prayer to the Lord telling him how you feel about the shame in your life and how you would like him to help you.

3. Write a description of what would change in your life if you really believed that God would answer that prayer.

FRUSTRATION

1. What are some things that frustrate you right now? Make a short list.

2. Circle the ones that affect you on a daily or weekly basis.

3. Put an "X" beside ones that cause you to react with anger, sadness, or bitterness.

4. What are some of the reasons you might react that way to these situations?

5. Write a prayer confessing what you think and feel to God, and ask him to help you move forward.

6. Write a description of what would change in your life if you really believed God would answer that prayer.

7. What is one step you can take this week to deal with these frustrations in a more godly way?

8. Based on everything you have thought about, write out one step you will take and schedule time to accomplish it before the next session. Be prepared to share your step, what you did, and what happened, with the group next week.

Based on the teaching, think of your life as having two sides—a **“responsible for”** side and an **“independence”** side. Then, work through the questions below and share your results with someone in your group.

1. Which side do you tend to find yourself on?

2. Think about the Present/Absent Audit in Session One Homework and the work you have done. As you review each category, what insights did you gain?

3. Name the moments in your day/week where you can identify the **“responsible for”** side response and/or the **“independence”** side response of your life and how you have operated in different situations.

4. What are the motivations that drive your **“responsible for”** side and **“independence”** side?

Session Two: Shame Case Studies

Please take some time to review these scenarios. Which of these do you most relate to? Why?

Situation 1

I don't like to talk about problems. I've always heard "don't air your dirty laundry." What is the benefit in talking about this stuff? It just makes me feel worse.

Situation 2

I struggle with anger. I lash out at the people I love the most and take out my frustrations on my family. I can't seem to stop wounding others with my words. I have failed so many times, I feel stuck. Sometimes I don't want to even talk about it anymore because things never change. I feel powerless in this area of my life.

Situation 3

I don't have one big event in my life that I feel shame about, just a bunch of little things. I'm not a victim of abuse, but I have shame about hurts from my childhood. I'm not severely overweight or underweight, but I have shame about my body. I have shame about my sexual past even though others might not think my experiences were a big deal. I'm embarrassed that my life hasn't been as bad as others, so I don't think my shame is big enough to share, but it does affect me.

Situation 4

The voice of shame is more recognizable to me than my own voice. I see myself as a loser, a failure, a terrible person, unredeemable. If people knew the truth about me, I don't think anyone would forgive me. I can't forgive myself, and I can't imagine why God would want to forgive me.

Situation 5

There is not one person in my life who knows the real me. I have never been part of authentic community. My relationships are superficial, and I'm more comfortable that way. I cannot imagine letting someone know my deepest darkest secrets. I don't know of anyone I could be truly vulnerable with.

Situation 6

I'm extremely ashamed of how I feel about myself as a father. I thought things would come more naturally to me, but I hate it. Nothing is going the way I expected. No one cares about me or celebrates me. I don't know how much longer I can live like this.

Situation 7

I feel like everything is a competition and I am pedaling as hard as I can just to keep up. I look around and see my friends' great marriages, great kids, great vacations, cars, and houses, and my life seems completely inferior.

Situation 8

I'm a people-pleaser because of my shame-driven fear that no one will like me. I work very hard to get approval from others. I try to earn their love and acceptance, but I never feel secure in my position. The desire to be liked controls my life.

Situation 9

I'm a perfectionist. I can't relax if something isn't done right. I have extremely high standards for myself. Underneath my constant activity is the fear that I am not good enough if I am not perfect. I feel proud when things go well, but I have a nagging fear at all times that I might mess up.

Situation 10

My shame involves a taboo topic (pornography, rape, sexual abuse, abortion, same sex attraction, sexual sin, etc.). I don't know anyone else who is dealing with this area of shame and I feel completely alone. I don't think I could even bring it up to the group because no one would ever see me the same way again.

Situation 11

My shame involves humiliation because of someone else's actions toward me (abusive spouse/parents, rape, childhood bullying, gossip/slander). This has robbed me of having a normal life, and I feel angry and resentful and sad about that. Even though it was not my fault, I blame myself for not knowing what to do at the time. I don't know how to move forward.

Situation 12

I don't have a lot of patience when I'm listening to others. I can easily see where their decisions or actions went wrong, and sometimes I am too quick to offer insights instead of empathy. It's uncomfortable for me to try to listen to someone without trying to fix the problem.

Situation 13

I feel like my shame is branded onto my forehead because of my status as (divorced, not college educated, unmarried, single parent, dealing with addiction, etc.). It's the first thing people notice about me and people make judgments about it instantly. How can I get out from under the weight of this blanket of shame?

Situation 14

There are times when my shame feels too heavy to bear and suicide feels like it would be a relief. I don't want to keep living like this.

Situation 15

My shame is named Anxiety. I am crippled by fears of what might happen and what might go wrong. I don't sleep well because of playing out scenarios in my mind, and I often have a nervous feeling in my stomach that something bad is about to happen. I try hard to control everything I possibly can, but I know this is not a healthy way to live. How can I find peace?