

“the hidden things of shame”

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11 Corinthians 4:2

Summary: “It is not the darkness in our lives that we are open about and working on that is killing us. It is our secrets – ‘the hidden things of shame’ – that are killing us and our families and keeping us in darkness. And it is this same hidden stuff, the stuff that no one knows about, that keeps us from being a light to anyone else’s darkness.”

What are some of the “hidden things of shame?”

How do these “hidden things of shame” kill us?

How do we keep them hidden?

Why do we keep them hidden?

How can we expose “the hidden things of shame” to the Light?

Discussion Points:

1. What are some of your “hidden things of shame”?
2. How are these “hidden things” killing you and those around you?
3. How do you keep YOUR “hidden things”...hidden?
4. What are your personal fears that keep you from exposing your “hidden things” to the light?
5. What might be a 1st step for you to begin moving from the bondage of “hiding” and darkness toward the freedom of living in the light?

“While in the absence of light, darkness seems to wield unlimited power, it is no match for the light whenever it comes to a conflict...however devouring and devastating it’s power may seem...darkness must yield whenever light shines.” (Marcus Barth, “Commentary on Ephesians”)

