



Post Conference Lesson:

The Power of Vulnerability and Empathy in Healing Shame (Part 2)

OBJECTIVES

What do you want the youth to KNOW?

Being vulnerable is not a sign of weakness, it is a sign of courage. There is power in vulnerability and empathy in healing shame.

Youth will understand that part of their ministry is to bring healing and hope to others, including addressing the toxic shame that binds.

Practice discernment on who to share vulnerably with – some helpful tips.

What do you want the youth to FEEL? Challenged and encouraged

What do you want the youth to DO?

-Be a part of creating a safe place for vulnerability and empathy to happen in their youth group, family and church family.

-Practice being vulnerable with safe people and practice expressing empathy to others in order to promote freedom and break shame.

MATERIALS

- Follow up scripture sheets for each youth
- Metal chain (object lesson)
- Large baggage(s)
- YouTube video on Shame (4:28): OWN. (2013, March 24). *Dr. Brene Brown: "Shame is Lethal" Super Soul Sunday Oprah Winfrey Network* [video file]. Retrieved from <https://youtu.be/GEBjNv5M784>
- YouTube video on tips on how to choose safe people to share vulnerably with : OWN. (2013, March 24). *6 Types of People Who Do Not Deserve to Hear Your Shame Story Super Soul Sunday OWN* [video file]. Retrieved from <https://youtu.be/s8Pp7QB6GrE>
- YouTube video on Jason Castro story about his struggle with porn and vulnerability: *I Am Second*. (2016, September 21). *Jason Castro – White Chair Film – I am Second* [video file]. Retrieved from <https://youtu.be/Xvxv-EF7hNU>

- (optional) Youtube video on Baggage: The Skit Guys. (2011, August 15). *Skit Guys - Baggage* [video file]. Retrieved from <https://youtu.be/wITzgTW3WaE>
- (optional) worship song, “Break Every Chain” by Jesus Culture

BIBLE TRUTH FOCUS

(Isaiah 61:1-4, 7 NIV, bold added) Jesus’ calling and our calling:

“The Spirit of the Sovereign LORD is on me,
 because the LORD has anointed me
 to proclaim good news to the poor.
 He has sent me to bind up the brokenhearted,
 to proclaim freedom for the captives
 and release from darkness for the prisoners,^[a]
 to proclaim the year of the LORD’s favor
 and the day of vengeance of our God,
 to comfort all who mourn,
 and provide for those who grieve in Zion—
 to bestow on them a crown of beauty
 instead of ashes,
 the oil of joy
 instead of mourning,
 and a garment of praise
 instead of a spirit of despair.
 They will be called oaks of righteousness,
 a planting of the LORD
 for the display of his splendor.
 They will rebuild the ancient ruins
 and restore the places long devastated;
 they will renew the ruined cities
 that have been devastated for generations.
Instead of shame and dishonor,
 you will enjoy a double share of honor.
 You will possess a double portion of prosperity in your land,
 and everlasting joy will be yours.”

OPENER ACTIVITY

Have the youth make a large circle, or break them up into smaller groups to do this activity.

Pair up the youth with someone they do not know well. Each person in the group will have a turn to verbalize 3 interesting facts about themselves. Two of the facts must be truthful, while one will be a lie/false.

Call up each pair, one pair at a time, to be in front of the group. One person in the pair will share 3 things about themselves, and their partner will guess which one is the lie. After each sharing, ask the larger group to raise their hand if they guessed correctly which was the lie.

After the first person shared, then have their partner share 3 things and repeat activity before calling up the next pair. Have fun with this game!

At the end of the game, explain how in real life, we can live a lie or promote an image of ourselves like we are put together, but because of shame, we hide our real selves and our real struggles.

LEADER'S TALK POINTS

- 1) Briefly review main points of your choice from the previous lesson defining vulnerability and the power of empathy.
- 2) Dive into the passage in Isaiah 61:1-4,7 and discuss the ministry of Jesus, which is now our ministry as expressed in these verses.
- 3) Ask the group, "What is shame?" Discuss.

Share that shame is a painful feeling of humiliation or distress caused by wrong or foolish behavior or an unfortunate situation. For example, shame could be caused by many things: a failure, an abuse, an embarrassing situation, hurtful words spoken or hurtful actions done to a person or received from a person (perpetator or victim can have shame).

Explain how we each struggle with varying levels of shame for things that happened in our lives. We all have experienced shame at one time or another and struggle internally with shame if we have not been healed in our hearts regarding those painful situations.

- 4) Ask, "What is the difference between guilt and shame? Or are they the same thing?"

After discussion, share how shame is deeper than guilt. It is not based on having done something wrong so much as a **soul pain of being wrong at the core**. Shame is condemning. Guilt should drive us to the Lord to repent to receive forgiveness, freedom, and grace.

In some ways, good shame/guilt for our wayward ways is a feeling that leads us to repentance and freedom. However, destructive shame leads us to believing lies about ourselves and others, and keeps us in oppressive bondage to believing that we are not valued and loved.

- 5) **CHAIN OBJECT LESSON:** Ask for a volunteer and chain them up as you explain how shame works in trapping and holding people back from their destiny and freedom. Share how inside, shame holds us in bondage and lies about our value. Shame says things like, "If people knew this about you, they would reject you. You must keep this a secret if you don't want to be judged." Shame keeps us from getting healed and transformed to be more like Jesus - it greatly affects our intimacy with the Lord and affects our relationships in a negative, and often destructive ways.

Shame is something we can easily deny and stuff down in our lives to the point that we may not even be aware we are operating out of shame. It takes the Lord to show us our own hearts. Shame can drive us to perform to earn love, for example.

Share how the Lord is extremely passionate about breaking toxic shame off of our lives, because toxic shame has a direct affect on us being able to rise to be all who God has called us to be. It steals our joy and peace, and prevents us from knowing our true identity and value in Christ and the authority He has given us!

- 6) Introduce video on shame: Refer to last session's lesson on vulnerability and empathy, and explain that when vulnerability is met with empathy, healing can begin! Explain that healing and transformation of our hearts is a process and God heals in a myriad of ways. When we can express our true selves and experience empathy for our pain and struggles, this opens the door to encountering the Lord's healing love in the midst of community!

Introduce and show the video on shame by Brene Brown. Discuss take-aways

- 7) Introduce video on discerning who *not* to share your shame story with: *As a side note*, explain that as we become more free of shame and as we take steps faith of revealing our vulnerable stories to others, there is wisdom in discerning *who* to share your shame story with and *who not* to share with.

Show the video by Brene Brown on who to 'not' share your shame story with. Discuss take aways.

- 8) Introduce Jason Castro's video: Discuss the powerful effects of sharing vulnerably in ministry. Explain that as the Lord leads and as opportunity arises, when you can share your story with others with the intention to give others hope that they are not alone and that there is hope and healing in the Lord, powerful ministry can take place. People who are in shame and feel so alone suddenly will realize they are not alone and will relate to your story.

Introduce Jason Castro who shares so vulnerably his story of his addiction to porn and how, with God's help, obtained victory over his struggle.

Show video of Jason Castro. (This video could spark you to talk about pornography in a future session, as this is an epidemic in our society. Focus on the Family's research shows that avg. age of exposure is now 9 years old and there is also a growing number of addicted women/girls).

Discuss take-aways.

- 9) Connect carrying shame with carrying baggage. Dramatize carrying baggage around the stage and how cumbersome it is. Dramatize showing situations where you are carrying baggage. Let's watch this last video and think of baggage as the shame we carry and the notice the lies they lead us to believe.

Show the video on baggage, **OR you can dramatize the video yourself (make the skit your own)!**

- 10) End with small group discussion time and pray for the Lord to begin to heal all of us our shame - giving the Lord permission to show us our hearts - that we would exchange lies for truth.

11) You may want to end the time with the worship song, "Break every Chain" by Jesus Culture.

GROUP DISCUSSION QUESTIONS

When is the earliest recollection of when you played hide and seek?

Read Psalm 139:7-12. What do those words say about our ability to hide from God?

God doesn't question us when we are hiding because He doesn't know where we are or what happened. He invites us, depending on the source of our pain and shame, to be healed and/or forgiven. What does this say about the character of God?

What are reasons why it can be difficult to openly share about deeper issues in our lives with our group?

What are possible changes that would help make our youth group a safer place to share our struggles so that youth can experience more of God's healing grace from shame and not be alone in their struggles?

What is a step you can you take to become someone who walks in more freedom from shame?

What is a step you can you take to be someone who God can flow through to heal and comfort others?

PRAYER POINTS

Have the youth pray for one another that the Lord will help them recognize the shame they carry and give them the courage and motivation to pursue freedom and healing.

FOLLOW UP

Have the youth take home the scripture sheet as a reference for meditation throughout the week. Encourage them to journal their personal reflections each day.

Healing Shame to Experiencing Freedom!

MONDAY | (Isaiah 61: 4, 7, NIV, bold addedc)

“They will be called oaks of righteousness,
a planting of the LORD
for the display of his splendor.

They will rebuild the ancient ruins
and restore the places long devastated;
they will renew the ruined cities
that have been devastated for generations.

Instead of shame and dishonor,
you will enjoy a double share of honor.

You will possess a double portion of prosperity in your land,
and everlasting joy will be yours.”

TUESDAY | (Acts 20:32, TPT)

“And so now, I entrust you into God’s hands and the message of his grace, which is all that you need to become strong. All of God’s blessings are imparted through the message of his grace, which he provides as the spiritual inheritance given to all of his holy ones.”

WEDNESDAY | (Hebrews 4:16, TPT)

“So now we come freely and boldly to where love is enthroned, to receive mercy’s kiss and discover the grace we urgently need to strengthen us in our time of weakness. Do not be misled:”

THURSDAY | (Psalm 147:3, TPT)

“He heals the wounds of every shattered heart.”

FRIDAY | (Matthew 11:28-30, TPT)

“Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.”

SATURDAY | (Psalm 34:5, NIV)

“Those who look to him are radiant; their faces are never covered with shame.”