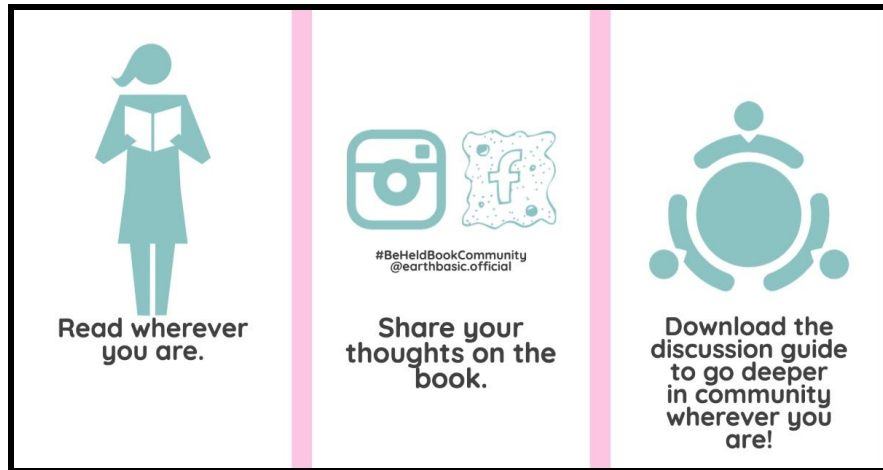




Be-Held Book Community Discussion Guide



Book: [Unashamed](#) by author, [Christine Caine](#).

Major Topic (s): Shame

Discussion Questions:

1. What is shame?
 - How is it related to wrongdoing and guilt?
2. Where in the Biblical narrative are we first introduced to shame?
 - What are the conditions that cause it to arise in the world?
 - How did its presence change life for the first humans?
 - Where is there evidence of shame's effects in our lives today?
3. How does the work of Jesus Christ deliver us from shame and its effects?
 - How does Scripture define the work of Jesus Christ?
 - How does this work specifically invite us to live and experience the reality of a shame free life?
4. What role has the church played in our experiences of shame?
 - How specifically has the church influenced women's experiences of shame?
 - Based on the right division of Scripture, what role should the church play in liberating women from experiences of shame?
5. How can consistent engagement with the Word of God help us in battling against the reign of shame in our lives?
6. What Scriptures have been helpful in fighting shame? How?
7. What is the role of forgiveness in our battle against the reign of shame?
8. What role can Christ-centered communities play in the fight against the reign of shame in our lives?