

# 34,000

## Q3 34,000 - 03 ASHAMED

### PLAYLIST

<https://open.spotify.com/user/campuslife1965>

### PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

### NOTE TO SITE DIRECTOR

Challenge yourself as the director to only lead one part of each Club if at all and hand everything else off to different leaders!

### MINISTRY LEADER EMPOWERMENT

This would be a great series to practice follow-up: Challenge every leader to text 2-3 students each week an emotions wheel and ask them what the dominant emotion is currently and why. Helping students think about what they are feeling and experiencing can lead to a lot of growth!

### RMA CONNECTION

#### APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

## PREP

### SUPPLIES NEEDED:

- Projection & Sound System for Media
- Pens
- 6 quarter pieces of paper for each student

## WELCOME

Welcome back to Campus Life Club! Last week, we ended talking all about gratitude, so let's start with the same thing. Turn to the few people next to you and share 3 things that you were the most thankful for over this last week.

Remember, the more we actively practice gratitude, the more our brains will physically rewire themselves to think more positively, so let's keep practicing that as the school year winds down! I'll be honest though, right now I am very thankful for \_\_\_\_\_ - not only because they are going to lead the next game but because they are also \_\_\_\_\_ so give it up for \_\_\_\_\_.

## CROWDBREAKER

### CROW'S NEST

**DIRECTIONS:** Have students get into groups of three long enough to know who their groups are. Once the music starts, they will mingle around without being with their partners. When the music stops, the leader will yell out of the three commands and students will race to get into that formation.

1. Crow's Nest: Two kids get down on one knee facing each other so that their knees touch and the third sits down on their knees
2. Shoot the Cannon: One kid gets down on all fours, another lays perpendicular across his back and the third student grabs the ankles and pretends to be shooting the cannon.
3. Walk the Plank: Two students get on all fours side by side and the third lays perpendicular across the backs.

The last group to make the correct formations or any group that falls is out. Play until there is a winning group.

## SMALL GROUP GAMES

[VIEW SMALL GROUP GAME & ACTIVITY IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **PAPER TELEPHONE** and **ROCK PAPER SCISSORS SLIDE** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## VIRTUAL GAMES

[VIEW VIRTUAL GAME IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **VIRTUAL YOGA RACES** and **UNO ONLINE** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## MEDIA

**Q3 34,000 - 03 FOR THE FIRST TIME IN FOREVER**

## TRANSITION

I'm so proud of all of you who embraced singing along to every word! I just love the movie Frozen so much in part because of the bomb soundtrack but also because of how well it tells the story of our emotion of the week: shame. Shame is such a common emotion, but we can often get it mixed up with guilt so let me break those two apart for you before we go any further. GUILT tells us that we did something bad. SHAME tells us that WE are bad. GUILT should motivate us to be better next time. SHAME causes us to withdrawal and not try for a next time. GUILT shows us that we are human and need God. SHAME shows us that we are worse than anyone else and aren't good enough for God.

Now that you know a bit more about shame, let's split up into our discussion groups and go deeper.

## DISCUSSION

### SMALL GROUP DISCUSSION QUESTIONS

- 1) Looking at the emotions wheel, what has been your dominant emotion this week? Why?
- 2) What emoji do you think best illustrates the emotion of shame? Why
- 3) Without naming names, how have you seen the emotion of shame play out in middle school?
- 4) Has there been a time when you have experienced shame, could you share a little bit about that time with us?

- 5) What is your usual reaction when you experience shame?
- 6) What can you do when you are experiencing shame?

## GOING DEEPER

- 1) Can you think of instances in the Bible when people experienced shame?
- 2) How do you think shame could affect a relationship with Jesus?
- 3) Is shame an emotion that God would want us to feel?

## WRAP UP

*[Replace starter story with a time when you dealt with shame and how you reacted to it]*

When I was about your age, I started watching pornography. Over time, I started to feel pretty guilty for what I was doing. I knew that pornography was damaging in so many ways. Now if I would have just stayed at that feeling of what I was doing being wrong, that would have been guilt. The Holy Spirit or your conscience can use guilt to help correct your actions and lead you towards the right thing to do. If we never experienced guilt, everyone would be running around doing whatever they wanted and not feel any kind of remorse or call back to good. The world would be destroyed so quickly! But, in the midst of looking at pornography, my emotions didn't end with the ever-so-helpful guilt, they escalated to shame. I felt like Elsa, I was bad; there was something actually wrong with me that would lead me to mess up that badly; only destruction could come from me. I ran from anyone that was in my life that could have helped me; I lied about how I was doing; gave fake answers; shut down conversations when they got deep because I was so ashamed. I had messed up so badly, how could anyone love me or help me; I was broken beyond repair.

Maybe you're lucky and you can't think of a time that shame overtook your emotions; maybe you're sitting there right now with your stomach tightening because you know all too well the feeling that I am describing or maybe you're not quite sure about the emotion of shame but everything I described made you instantly think of a friend. Let me tell you, shame stinks, but it isn't a new emotion that only you or I or your friends are feeling; truly shame is mentioned all over the Bible and was even one of the first emotions talked about!

In the beginning of the Bible, it talks about when everything was created. Chapter 1 of Genesis talks about the sky and stars, fish and birds, light and darkness all being created. After everything was created and just right, God created two people, Adam and Eve, and then said that everything was VERY good. YET just two chapters of Genesis and just a few pages turned, the world is filled with shame. You see, God had given the humans one rule - to not eat from a certain tree but then it says, "When the woman saw that the fruit was pleasing to the eye and desirable for gaining wisdom, she took it and ate." Eve did the first wrong thing in history, it would be understandable for her to feel some guilt, but, instead, shame kicks in almost immediately. And the very next thing Eve does is look down and realize that she is naked (God didn't create clothes initially because everyone was just content with their bodies) and she immediately covered herself up with some leaves. Then Adam and Eve heard God walking in the garden and instead of greeting him like usual, they hid. In verse 10, God asks the people what they were doing and Adam answers with, "I heard you in the garden

and I was afraid because I was naked; so, I hid. And God said, “who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from? Adam immediately said, ‘The woman you put here with me-she gave me some fruit from the tree and I ate it.’” [v 10-12] God goes on to ask Eve what she had done, and Eve turned and immediately blamed the snake that led her to the fruit.

Right after doing the first wrong thing, Adam and Eve reacted like Elsa in the clip - they ran and hid. Guilt would have told them to go and apologize and fix what they had done but shame told them that they were now bad and didn't deserve God; shame told them that they needed to hide. Then they looked at their bodies and for the first time, they were disgusted with themselves; they didn't like what they saw and tried to cover themselves because not only were they ashamed of what they had done, they were ashamed of who they were. That's what shame does, it turns an action into your identity and yells at you to cover up and hide. What happens right after that is also important to note - when God asks the humans what happened Adam blamed Eve and Eve blamed the snake. Shame told them to not own the action but to pawn off the responsibility: Guilt would have led them to seek forgiveness and apologize but shame struck so deep that they couldn't.

After all of this, you may be feeling a bit heavy and hopeless. If this is how you've been feeling, what are you supposed to do to be normal again?

## RESPONSE

After all of this, you may be feeling a bit heavy and hopeless. If this is how you've been feeling, what are you supposed to do to be normal again? Author and researcher, Brene Brown, says that, “Shame thrives in silence and cannot survive being spoken.” First, talk to God: the Bible reassures us over and over again that if we ask for forgiveness, he will forgive us and accept us. If you've never talked to God or don't really know what that's like, talk to a leader and we would love to answer your questions! Secondly, talk to a trusted person.

When I was really struggling with shame over pornography, or anything else in my life, I've always needed to talk to a person. I can know in my head that God loves me but until I see a person loving me even after I tell them the worst parts of me, I doubt it, but knowing that an imperfect human can love me, I can more readily believe that a perfect God can. I spill out all of the gory details of my shame and the actions that have led me to that place and then look at the person's face in front of me. Every time, it has been kind and if anything, sad for me. My people have never once met my shame with shame.

The more I've talked about the things that have trapped me in shame, the less shame I have felt. Now, I can stand here in front of you and talk about the things that had me running and hiding. Now, caution, do not just go and tell everyone all of your junk, but pick a few close and trusted leaders.

I want to leave you with this challenge: If you are sitting there, wanting to run and hide or feel that lump in your throat and heart because of shame, text a leader right now. You deserve to be free from your shame. You deserve to see love. You don't deserve to beat yourself up constantly and hate yourself because you've messed up. Talk to someone.

## ANNOUNCEMENTS

REMEMBER TO ANNOUNCE THE WINNER OF THE SOCIAL MEDIA GRATITUDE CHALLENGE

## HEAD'S UP

**NEXT WEEK** | 34,000: UNVALUED

We'll look at a biblical example of this emotion and continue coming alongside our students!

**2 WEEKS** | BE TOGETHER: BE REAL

Get ready for our second to last series of the year where we want to focus on how we should be interacting with others!