

Wholehearted

Unwanted

Because of the wound against trust that has come into all of our hearts, it is difficult to be vulnerable. It is challenging to be vulnerable before other people. And it is incredibly challenging to be vulnerable before God. Because we all know that one can only be loved if a person is beautiful, healthy, strong... "whole". Due to this, we all carry around a temptation to shame. Only when our shame is named and we allow Jesus to call us out of the shame can we step towards living whole-heartedly.

Discussion Questions

1. Looking back to when you were in elementary school, what is one thing in your life that you thought would be different at the age you are now? Please describe.
 2. The "gospel" of our culture is that a person must be beautiful, handsome, strong... essentially "not a burden" in order to be wanted. Has this been your experience? In what way? Please describe.
 3. Shame can often contribute to a feeling of powerlessness because we are tempted to define ourselves by what we are ashamed of. Guilt is the opposite, since guilt is meant to be an accurate assessment of where one has failed. How are these actually different in your life? Discuss.
 4. Jesus named the woman at the well's shame. But He didn't "shame" her. What is a critical difference between identifying a weakness in order to set one free and using the weakness to injure someone? Please share your ideas.
 5. Blessed Margaret of Castillo and the African tribeswomen knew the freedom that comes with being seen, known, and still wanted. In moments of your own weakness, are you more inclined to hide your shame or are you open to being vulnerable to those you can trust? Why or why not? Who are those people you trust?
-

God in Real Life

1. This week, acknowledge the source of your shame before the Lord. If possible, go to Confession.
-

To the Heart

"Do not fear, you shall not be put to shame; do not be discouraged, you shall not be disgraced. For the shame of your youth you shall forget." ~Isaiah 54:4