

Freedom Class Week 2 – Tree of Knowledge of Good and Evil Learning to Retell Our Stories

Welcome and recap of last week

Discussion on book material from week 2 – let people know we are going to take a deeper look at shame towards the end of the class

- Why is the fruit of knowledge such a dangerous thing?
- What “cues” do you notice in your own life that help you to recognize that you are approaching God more out of knowledge than relationship?
- Why do you think shame and victimization are natural outcomes of the tree of knowledge? Why are those such powerful tools of the enemy?

Optional - 20 minutes – Brené Brown Ted Talk on Shame

Discussion Questions on Video

- What did Brené say was the key difference between SHAME vs. GUILT?
- The video talked about how shame “feels” the same way to men and women but are organized differently for each gender. For women it’s, “Do it all – and do it perfectly – while never letting them see you sweat! And for men it’s, “Do not be perceived as WEAK.” Do you agree with this? Why or why not? Would you add anything to what she shared that you think is true for men or women? What are practical ways we can come against these narratives?
- Why do you think shame grows exponentially under – SECRECY, SILENCE, & JUDGEMENT? Why is EMPATHY such a powerful tool to break shame?

Closing Prayer – Spend some time asking the Lord to show you places where you are operating out of shame/victimization. Are there narratives that you have been believing that need to be exchanged for God’s truth?

Additional Resources:

- Book– *The Soul of Shame – Retelling the Stories We Believe About Ourselves* by Curt Thompson