

# SERMON NOTES (Audio, video, & sermon notes are online at HBChurch.net)



Series: SHAME

Speaker: Jason Robertson

Sermon: **Becoming Clean Again – Mark 5:25-34**

Date: 04-14-2019

SHAME:

1. “We all have it.”
2. “We’re all afraid to talk about it.”
3. “The less we talk about it, the more control it has over us.”

[Brene’ Brown]

The heart of shame is believing that who we are – the flaws, the mistakes, the failure, the habits, the appearance – makes us unworthy of love and belonging.

Hebrews 12:2 - “keeping our eyes on Jesus, the source and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.”

I Peter 2:6 - “...the one who trusts in Jesus will never be put to shame.”

What we don’t \_\_\_\_\_ can’t be healed.

The enemy wants to \_\_\_\_\_ you; God wants to \_\_\_\_\_ your shame into a \_\_\_\_\_ that will \_\_\_\_\_ the lives of others.

If you don’t \_\_\_\_\_ you will never find the help, healing, and hope for which you are looking.

Jesus is reaching out to you, saying, “Come to me, all of you who are weary and burdened, and I will give you rest.” (Matthew 11:28)

## LIFE GROUPS START AGAIN THE WEEK OF APRIL 28.

HBC is all about the Holy Spirit, Bible Study, and Christian friendships. We believe that people grow spiritually when they have a commitment to God, the Bible, and significant Christian relationships. We believe that we can grow best spiritually when we pray, study the Bible, and fellowship together on a regular basis.

### THE PURPOSE OF LIFE GROUPS

Life Groups exist to promote spiritual maturity and personal growth through meaningful Christian relationships and study of God's Word (Romans 8:29 & Hebrews 10:24-25). Here's how it will happen. A trained leader and host lead each group. Light refreshments will be provided.

**1. SHARE:** Each week we'll take time to share what is happening in our lives.

**2. STUDY:** Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life. You will receive your "Life Group Questions" each Sunday at church. If you did not attend the worship service last Sunday, just go to "Sermon Archives," find last week's sermon and listen to it. On the sermon page you will see a link for you to download the "Life Group Questions." Please write your answers prior to the group meeting.

**3. SUPPORT:** Life Groups take care of one another as Christ commanded (John 15:9-13). This care can take many forms, such as prayer, encouragement, listening, challenging one another and meeting real needs.

**4. SERVE:** Life Groups participate in the mission work of HBCChurch in a variety of ways. You will learn how to be the hands and feet of Jesus to the community and world in which we live (Ephesians 4:11-16). Throughout the session, it is our hope that you can discover the ways God has gifted you to serve and make a difference in God's Kingdom.

### WHEN DO LIFE GROUPS MEET?

These small groups last an average of 7-weeks and are comprised of 10-20 people. The meeting times vary depending on the group. The groups usually meet for an average of 1.5 hours.

There are four Life Group Sessions per year - winter, spring, summer and fall. At the end of each session, you will have the choice of staying in the same group, trying a new group or even taking a break.

### WHAT WILL WE STUDY?

Most of the groups are based on the previous weekend's sermon. On Sunday's there are Life Group Questions provided to the congregation and are also posted online in the Sermon Archives.

### HOW DO I CHOOSE A GROUP?

When selecting a group, we strongly recommend you choose a group based on which group is filled with your friends or other people who may share a common stage in life, rather than choosing a group based on location. We've found that groups do best when members share common interests with their leaders, hosts, and other group members. In the end, you'll find it's worth the drive! Keep in mind that it might take two or three groups before you find the perfect fit, but don't worry, you'll find it!