

## **Introduction: The Power of Shame**

**Shame** – A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior; a regrettable and unfortunate situation or action.

**Restore** – Bring back (a previous right, practice, custom, or situation), reinstate; return something or someone to a former condition, place, or position.

**How do we overcome the shame of our past  
to fulfill God's purpose for our future?**

**Restored to testify...**

**The context of John 21**

- Waiting in Galilee
- Forgiven but not restored

**Peter goes fishing**

John 21:1-14

**Jesus restores Peter**

John 21:15-23

- The setting
- The three questions

**Jesus testifies to this event**

John 21:24-25

How does Jesus restore us?

1. He \_\_\_\_\_ us **where we are.**
2. He **gently demands** we face the \_\_\_\_\_ about ourselves.
3. He **affirms our value and worthiness** by commissioning us to \_\_\_\_\_.

Why must we overcome our shame?

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Matthew 28: 18-20

Acts 1:8

## Discussion Questions:

1. What are some of the negative consequences of unresolved “shame” in our lives?
2. Hiding is the most common response to shame. In what ways do people tend to hide when “shame is not identified and dealt with?”
3. What about Jesus’ approach to restoring Peter was most encouraging?
4. How might you receive that kind of restoration from Him?
5. How could God use the mistakes of your past to testify of His grace to others?