

MESSAGE DISCUSSION QUESTIONS

Questions to dig deeper into this week's topic



ROAD TESTED

JUNE 8, 2025 | THE BIBLE HOLDS UP ON... MENTAL HEALTH

1. How large or little of a problem has “shame” played in your life? Why do you think that is?
2. Skim the creation story in Genesis 1:27–3:23. When you think about your own relationship with God, how/how much does shame play a part in your relationship?
3. Look again at the 4 Attachment Styles (<https://theodoroutherapy.com/2021/02/14/how-our-attachment-style-impacts-our-life-and-relationships/>). Which one best categorizes how you tend to approach relationships? In what ways do your relationships with others match the way you relate to God?
4. Read Romans 5:1-5. What feelings does Scripture say we should have when it comes to our relationship with God?
5. In 1 Corinthians 4:3-5, Paul writes that he no longer experiences any shame or judgment—from himself or others—because of his deep trust in God’s love. What practical next steps would you need to take to feel that same level of shame-less confidence and trust in God?