



Title | Released from Shame
Series | So You Can Know For Sure
Text | Luke 8:40-56
By | Bob Kerrey
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Sermon Notes

Luke 8:40 Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. 41 And there came a man named Jairus, who was a ruler of the synagogue. And falling at Jesus' feet, he implored him to come to his house, 42 for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed around him. 43 And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her living on physicians, she could not be healed by anyone. 44 She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. 45 And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and are pressing in on you!" 46 But Jesus said, "Someone touched me, for I perceive that power has gone out from me." 47 And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. 48 And he said to her, "Daughter, your faith has made you well; go in peace." 49 While he was still speaking, someone from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." 50 But Jesus on hearing this answered him, "Do not fear; only believe, and she will be well." 51 And when he came to the house, he allowed no one to enter with him, except Peter and John and James, and the father and mother of the child. 52 And all were weeping and mourning for her, but he said, "Do not weep, for she is not dead but sleeping." 53 And they laughed at him, knowing that she was dead. 54 But taking her by the hand he called, saying, "Child, arise." 55 And her spirit returned, and she got up at once. And he directed that something should be given her to eat. 56 And her parents were amazed, but he charged them to tell no one what had happened. ESV

Big Idea:

Luke 8: 47 And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. 48 And he said to her, "Daughter, your faith has made you well; go in peace." ESV

For Reflection and Application:

Monday:

A noted social researcher, Brene Brown, has described unhealthy shame as “the fear of disconnection,” and “the fear that something we have done or failed to do, something about who we are or where we come from, has made us unlovable and unworthy of connection.” To what extent do you feel shame? Read Luke 8:40-56. What factors would have contributed to the woman feeling shame? How does Jesus’ response to her release her from shame?

Tuesday:

It has been said, “To be released from shame, you must be fully convinced that you are both fully known and fully loved.” Why is it important to be both known and loved? From Luke 8:40-56, what evidence do you see that the woman was both fully known and fully loved by Jesus?

Wednesday

Read Psalm 139:1-16. To what extent do you feel fully known by God? To what extent do you feel fully known by others? How can you become more fully known by others? What role should the church play?

Thursday:

Read Romans 5:7-8. To what extent do you feel fully loved by God? To what extent do you feel fully loved by others? How can you put yourself in a position to be fully loved by others? What role should the church play?

Friday:

In Luke 8:40-56, Jesus demonstrates that he fully knows and fully loves the woman experiencing shame. How can you reflect that same Christlike love to others?

Daily Prayer:

Lord, thank you that I am fully known and fully loved by you. Help me to become fully convinced of this so that I may be released from unhealthy shame. Amen.

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