

SURVIVING ON THE BUS RIDE OF LIFE

CHAPTER 2 | TEACHING SEGMENT 4

(PLEASE WATCH THE STORY SEGMENT CONNECTED TO THIS CHAPTER)

OUTLINE

**UNDERSTANDING THE TRUE SOURCE OF OUR WORTH LEADS TO FREEDOM
FROM SHAME, AND JOY AND CONTENTMENT THAT NO ONE CAN STEAL**

PREMISE:

- Replace our false beliefs based on shame with knowledge of our true **WORTH** in Him
- Learn how to accept and give help from a place of vulnerability and compassion.

1. THE BUS RIDE THROUGH SHAME TO AUTHENTICITY (cont'd.)

A. How is shame born?

- Adam and Eve believed the lie that they were not made in the image of God (Genesis 3: 7–11). Their shame led them to hide from God and each other.
- Shame can't live in the light; it compels us to hide, but Christ redeems us from darkness and shame.
- The belief of “not good enough” causes us to hide behind perfectionism, addiction, and comparisons, afraid to be vulnerable and ashamed to ask for help.
- The enemy's lie: we will never be good enough. The truth: we are created in God's image and the redemptive work of Christ has freed us and we are loved just as we are.

B. Understanding the Source of our worth

- Replacing “not good enough” with “good enough” allows us to act according to that truth. We can ask for help based on internal revelation, not on external worthiness or unworthiness.
- When we ask for help, we often believe we will be judged negatively because of our need. If we believe this about ourselves, we act below our potential.
- Your worth is not based on external achievements but on who Christ is in you.

C. Three steps to building our value that lead to a pathway of success

- Recognize that because of God, you are enough
- Choose to believe that you are enough
- Share that truth with someone else verbally or in writing

D. Embracing vulnerability

- God covers your shame and allows you to be vulnerable in His presence to redeem you from shame.
- Brené Brown’s quotes on vulnerability (pages 25–28) offer insight into how it brings greater clarity to our purpose and enables us to serve others without judgment.
- Shame is who you believe you are (your core); guilt is what you think you did wrong (action and behavior).
- When we help someone to validate our own shame (motivated by “I’m better than they are”), we’re walking in pride and rejection of others.
- When we help others from a heart of love, our vulnerability becomes the connection between the needs of those around us.

2. THE BUS RIDE INTO COMPASSION

A. Compassion is an action word

- Compassion leads us to an empathy birthed from connection.
- Ceitci's Metro World Child story segment illustrates how God uses even our hardest seasons to build inner strength and compassion for others.
- When we no longer rely on our external achievements for personal glory, we'll find joy and freedom that no one can steal from us.

TAKE TIME TO THINK AND DISCOVER:

Experiential Imagery Exercise/Personal Reflection Questions (pages 30–31):

- *Thoughtfully and honestly answer the questions on these pages, allowing the Holy Spirit to reveal areas in your life where you may have depended on outward achievements to define your worth.*
- *Ask the Lord for His help in this journey, and also request help from someone you consider safe who knows you well.*