DISCOVERY BIBLE STUDY PLAN

Honor and Shame

Ten passages that read the Bible through honor and shame instead of guilt and innocence — the way most of the world actually hears it.

10 Bible Studies by CoMission

DISCOVERY BIBLE STUDY

Honor and Shame

CONTENTS

- How a Discovery Bible Study works

1. **Created with honor, without shame**
   Genesis 1:26-31 · Genesis 2:15-25
2. **Shame enters, and we hide** Genesis 3:1-13
3. **God covers what we cannot** Genesis 3:14-24
4. **A name greater than a tower**
   Genesis 11:1-9 · Genesis 12:1-9
5. **From shame to splendor** Ezekiel 16:1-14
6. **David honors his enemy** 1 Samuel 24:1-22
7. **Jesus honors the woman everyone avoided**
   Mark 5:25-34
8. **Jesus takes the lowest place** John 13:1-17
9. **The shame of the cross, the name above all**
   Philippians 2:5-11
10. **Brought near, made one household**
    Ephesians 2:11-22

More Bible study plans at **comission.cc**

How a Discovery Bible Study works

This page is for whoever leads the study. Everyone else only needs the passage.

A Discovery Bible Study has no teacher. The person leading only asks the questions; the Bible does the teaching. That is what makes it simple enough for anyone to lead — no title, no training, no materials, no money.

EAT, DIGEST, GROW

Eat the Word — Read the passage aloud, read it again, then close the Bible and have someone retell it in their own words. Reading is the bite, re-reading the chewing, the retelling the swallow. If the group can't retell it, read it once more before going on.

Digest — Work through the four questions. This is where the passage turns into faith and obedience — answered from what the text actually says, not from what someone already knew.

Grow — Growth is God's part, not yours. One plants, another waters, but God gives the growth (1 Corinthians 3:6–7). Do the cycle faithfully and leave the growing to Him.

THE FOUR QUESTIONS

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**
2. **What does it show me about people — and about myself?**
3. **What will I obey this week? (a concrete step, with a day)**
4. **Who will I tell?**

THE SHAPE OF A MEETING

Look back — What are you thankful for? What is hard right now? How did you obey what we found last time, and who did you tell? Pray briefly for each other.

Look up — Read, re-read, retell — then the four questions.

Look forward — Each person says their own “I will…” out loud and names one person they will tell. Next time, the group asks about both. Asking is what turns a discussion into obedience.

THE ONE RULE: DON'T TEACH

The moment you start explaining, the group stops discovering. If someone says something that is not in the passage, do not correct them — ask, kindly, “Where do you see that in this passage?” and let them look. The text and the group sort it out. This is the rule that lets someone who has been in two studies lead the third.

Four to fifteen people. About an hour, once a week. Nothing else required.

— DISCOVERY BIBLE STUDY

CoMission

Created with honor, without shame

Genesis 1:26-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What honors does God give the man and the woman — image, blessing, work, each other — and how does the account end regarding shame?

2. **What does it show me about people — and about myself?**

   Where did you first learn to feel that your worth had to be earned rather than given?

3. **What will I obey this week? (a concrete step, with a day)**

   How will you treat one person this week as someone crowned with God's image?

4. **Who will I tell?**

   Who in your family needs to hear that God made people with honor, not shame?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you crowned people with your own image and gave them a garden, a task, and each other — naked and unashamed. Help me see myself and every person I meet with the honor you gave us at the beginning.*

This study online

— DISCOVERY BIBLE STUDY

CoMission

Created with honor, without shame

Genesis 2:15-25

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What honors does God give the man and the woman — image, blessing, work, each other — and how does the account end regarding shame?

2. **What does it show me about people — and about myself?**

   Where did you first learn to feel that your worth had to be earned rather than given?

3. **What will I obey this week? (a concrete step, with a day)**

   How will you treat one person this week as someone crowned with God's image?

4. **Who will I tell?**

   Who in your family needs to hear that God made people with honor, not shame?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you crowned people with your own image and gave them a garden, a task, and each other — naked and unashamed. Help me see myself and every person I meet with the honor you gave us at the beginning.*

This study online

NEXT STUDY Shame enters, and we hide comission.cc/en/study/honor-and-shame/03/

— DISCOVERY BIBLE STUDY

CoMission

Shame enters, and we hide

Genesis 3:1-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   The moment their eyes are opened, what do the man and the woman do — with fig leaves, with the trees, and with the blame?

2. **What does it show me about people — and about myself?**

   What do you cover up or blame on others because you fear what people would say if they knew?

3. **What will I obey this week? (a concrete step, with a day)**

   What is one hidden thing you will bring into the open before God this week instead of covering it?

4. **Who will I tell?**

   Who do you know who is hiding in shame, and how could God's question 'Where are you?' reach them through you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, like the man and the woman I hide when I feel exposed, and I point at others to protect my own name. Draw me out of hiding with your question — 'Where are you?' — and let me answer you honestly.*

This study online

NEXT STUDY God covers what we cannot comission.cc/en/study/honor-and-shame/04/

— DISCOVERY BIBLE STUDY

CoMission

God covers what we cannot

Genesis 3:14-24

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   The fig leaves were their idea; whose idea are the garments of skin, and who does the clothing?

2. **What does it show me about people — and about myself?**

   What have you been using as fig leaves — achievements, appearances, silence — to cover your shame?

3. **What will I obey this week? (a concrete step, with a day)**

   What self-made covering will you set down this week to let God cover you instead?

4. **Who will I tell?**

   Who is exhausted from covering themselves, to whom you could tell this story of the God who clothes?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, my own coverings are as thin as fig leaves. Thank you that you yourself made garments and clothed the very people who had dishonored you — clothe me like that.*

This study online

NEXT STUDY A name greater than a tower

— DISCOVERY BIBLE STUDY

CoMission

A name greater than a tower

Genesis 11:1-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   The builders say 'let us make a name for ourselves'; what does God promise to do for Abram's name, and at what cost to Abram?

2. **What does it show me about people — and about myself?**

   What tower are you building — career, reputation, family standing — to make your own name great?

3. **What will I obey this week? (a concrete step, with a day)**

   What step of trust, like Abram leaving his father's household, will you take this week on the strength of God's promise alone?

4. **Who will I tell?**

   Who around you is wearing themselves out making a name, and how could you share what God promised Abram?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, I confess how much of my life is spent building a name for myself so no one can look down on me. Give me instead the name you gave Abram — the one you promised, not the one I build.*

This study online

— DISCOVERY BIBLE STUDY

CoMission

A name greater than a tower

Genesis 12:1-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   The builders say 'let us make a name for ourselves'; what does God promise to do for Abram's name, and at what cost to Abram?

2. **What does it show me about people — and about myself?**

   What tower are you building — career, reputation, family standing — to make your own name great?

3. **What will I obey this week? (a concrete step, with a day)**

   What step of trust, like Abram leaving his father's household, will you take this week on the strength of God's promise alone?

4. **Who will I tell?**

   Who around you is wearing themselves out making a name, and how could you share what God promised Abram?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, I confess how much of my life is spent building a name for myself so no one can look down on me. Give me instead the name you gave Abram — the one you promised, not the one I build.*

This study online

NEXT STUDY From shame to splendor comission.cc/en/study/honor-and-shame/07/

— DISCOVERY BIBLE STUDY

CoMission

From shame to splendor

Ezekiel 16:1-14

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Trace what God does step by step for the abandoned girl — from 'Live!' to washing, covering, adorning, and making her a queen; whose splendor makes her beautiful?

2. **What does it show me about people — and about myself?**

   Which part of this picture is hardest for you to believe God would do for you?

3. **What will I obey this week? (a concrete step, with a day)**

   How will you live this week out of the splendor God has given rather than the rejection you started with?

4. **Who will I tell?**

   Who feels thrown away — by family, by community — and needs to hear about the God who stops for abandoned ones?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, you found me like that abandoned child — unwanted, uncovered, left in the open field — and you said 'Live.' Thank you that my beauty before you is the splendor you yourself placed on me.*

This study online

NEXT STUDY David honors his enemy comission.cc/en/study/honor-and-shame/08/

— DISCOVERY BIBLE STUDY

CoMission

David honors his enemy

1 Samuel 24:1-22

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   David has Saul cornered in the cave; what does he do and refuse to do, and how does he address the man hunting him?

2. **What does it show me about people — and about myself?**

   Whose insult or injustice are you still tempted to avenge to recover your honor?

3. **What will I obey this week? (a concrete step, with a day)**

   What is one concrete way you will show honor this week to someone who has wronged you?

4. **Who will I tell?**

   Who has watched you in a conflict, and what would it say to them if you honored your opponent as David did?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, when someone shames me, everything in me wants to take my honor back by my own hand. Give me David's heart, to entrust my name to you and honor even those who wrong me.*

This study online

— DISCOVERY BIBLE STUDY

CoMission

Jesus honors the woman everyone avoided

Mark 5:25-34

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Why does the woman approach Jesus secretly from behind, and why does Jesus insist she come forward and tell everything in front of the crowd?

2. **What does it show me about people — and about myself?**

   What do you bring to Jesus only in secret, hoping no one will find out?

3. **What will I obey this week? (a concrete step, with a day)**

   What secret shame will you tell Jesus the whole truth about this week?

4. **Who will I tell?**

   Who is treated as untouchable where you live, and how could you honor them publicly as Jesus did?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, that woman had spent twelve years unclean, unseen, and unwanted — and you stopped the crowd to call her 'daughter' in front of everyone. Stop for me too, and heal what I only dare to bring to you in secret.*

This study online

— DISCOVERY BIBLE STUDY

CoMission

Jesus takes the lowest place

John 13:1-17

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Knowing the Father had given all things into his hands, what does Jesus do, and why does Peter object so strongly?

2. **What does it show me about people — and about myself?**

   Why is it hard for you to take the low place — or, like Peter, to let someone serve you?

3. **What will I obey this week? (a concrete step, with a day)**

   What foot-washing task — something beneath your position — will you do for someone this week?

4. **Who will I tell?**

   Who would be shocked to see you serve them, and what might that open for a conversation about Jesus?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, knowing you had all authority, you took the towel and the basin — the servant's place — and washed feet. Wash me, though like Peter I resist, and teach me to take the low place gladly.*

This study online

NEXT STUDY The shame of the cross, the name above all comission.cc/en/study/honor-and-shame/11/

— DISCOVERY BIBLE STUDY

CoMission

The shame of the cross, the name above all

Philippians 2:5-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Follow the movement of the passage — how far down does Jesus go, and how high does the Father exalt him in response?

2. **What does it show me about people — and about myself?**

   The cross was the most shameful death the empire had; what does it mean to you that God's greatest honor came through it?

3. **What will I obey this week? (a concrete step, with a day)**

   Where will you choose the downward path — letting go of status or the last word — in one relationship this week?

4. **Who will I tell?**

   Who could you tell that the name above every name belongs to the one who embraced shame for them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, you let go of the highest honor and went down to the most shameful death a man could die — for me. I bow my knee now and confess with my tongue that you are Lord.*

This study online

NEXT STUDY Brought near, made one household

— DISCOVERY BIBLE STUDY

CoMission

Brought near, made one household

Ephesians 2:11-22

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What words describe the outsiders before Christ — separated, excluded, strangers, far off — and what have they become in him?

2. **What does it show me about people — and about myself?**

   Where do you still feel like an outsider, and what does it mean that God calls you a member of his household?

3. **What will I obey this week? (a concrete step, with a day)**

   What dividing wall — of background, class, or old offense — will you take one step across this week?

4. **Who will I tell?**

   Who feels far off and family-less, and how could you show them the household where they belong?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, I was once far off — a stranger outside the family — and by the blood of Christ you brought me near and gave me a place in your own household. Thank you that I belong, and that the wall is down.*

This study online

CoMission

Keep making disciples.

This is one of many. Find more Bible study plans and discipleship resources at

comission.cc