

January 19, 2025  
Healing Shame  
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Read **Genesis 2:24 – 3:13** (NIV):

2:24 That is why a man leaves his father and mother and is united to his wife, and they become one flesh.  
25 Adam and his wife were both naked, and they felt no shame.

3:1 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

2 The woman said to the serpent, "We may eat fruit from the trees in the garden, 3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

4 "You will not certainly die," the serpent said to the woman. 5 "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.  
7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

8 Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, "Where are you?"

10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

11 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

12 The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it."

13 Then the Lord God said to the woman, "What is this you have done?"

The woman said, "The serpent deceived me, and I ate."

1. Read **Genesis 2:25** again. What is this statement communicating?
2. How would you define shame? What is the root of shame?
3. Describe and contrast God's intentions for humans vs. Satan's intentions for humans.
4. What are some signs that people in our society struggle to feel they're "enough."
5. Bobby vulnerably shared that he used to feel shame about being small, so he tried to hide it by wearing clothes that were larger than his size. Is there something like this that you've tried to hide about yourself that you would be willing share with the group?
6. Why are people often afraid to be vulnerable with others?
7. Talk about how the way God responds to Adam and Eve here is intended to begin the process of healing their shame.
8. How did God's response to Adam and Eve make God vulnerable?
9. Read **John 18:1-9**:

When he had finished praying, Jesus left with his disciples and crossed the Kidron Valley. On the other side there was a garden, and he and his disciples went into it.

2 Now Judas, who betrayed him, knew the place, because Jesus had often met there with his disciples.

3 So Judas came to the garden, guiding a detachment of soldiers and some officials from the chief priests and the Pharisees. They were carrying torches, lanterns and weapons.

4 Jesus, knowing all that was going to happen to him, went out and asked them, "Who is it you want?"

5 "Jesus of Nazareth," they replied.

"I am he," Jesus said. (And Judas the traitor was standing there with them.) 6 When Jesus said, "I am

he," they drew back and fell to the ground.

7 Again he asked them, "Who is it you want?"

"Jesus of Nazareth," they said.

8 Jesus answered, "I told you that I am he. If you are looking for me, then let these men go." 9 This happened so that the words he had spoken would be fulfilled: "I have not lost one of those you gave me."

Contrast Jesus's response in the Garden of Gethsemane with Adam and Eve's responses in Genesis 3.

10. What did you sense God saying to you through this passage and this message?