



The Story of Guilt and Shame

Genesis 2:8-3:16

OPEN

When you hear the word *vulnerable*, what comes to your mind?

When you think of your group becoming more vulnerable with one another, what comes to your mind?

DISCUSS

Genesis 2-3 reads like reality TV show, rich with imagery, characters, plot, conflict, and real-time decisions/implications.

Read Genesis 2:8-25. How would you describe the life in the creation reality? How did life *work* in this reality? How would you describe the original relationships in this world (both with God and humanity)?

Read 2:25 again. What are the many dimensions of *naked* one could apply to this word? What was not present in the Garden? Would you say there was vulnerability in Genesis 2?

Read Genesis 3:1-24. While you have heard this story many times, take time to trace each element contributing to this story.

Leading to the "Fall"	The "Fall"	Fallen Consequences

What do you learn from this passage? (Wide open question, no doubt, but good to see what God kicks up for you.)



What is the difference between guilt and shame? Consider the sermon quote below:

"Guilt is the awareness that we've crossed a moral or relational boundary we should not have broken. It's that bad feeling that makes us do something creative – like confess or make amends or seek help in trying to repair the situation...**Shame** is the sense that we are hopelessly stained, destined for judgment and rejection, with really only one recourse left: We've got to hide not only what we've done but who we are."

Which is trending more these days, guilt or shame? Explain.

On a scale of 1-10, how would rate the level of vulnerability in our culture? In your group? For you personally?

Do you feel shame is a problem in all three areas of the previous question?

What do you notice/learn about God in these two Genesis chapters?

YOUR NEXT STEP...

Reflect on the *hiding places* of your life this week. The first step toward vulnerability is honesty before God then before others. Consider praying this prayer in the days to come as you reveal yourself to God.

Great God of all Creation, you have revealed yourself in Scripture, in the history of the church you keep reforming, and ultimately in the person of your Son as the Good Shepherd who goes out in search of the lost. Thank you so much for that. Find me where I hide. Show me that to be nakedly dependent upon You and courageously vulnerable before others is to be clothed in splendor indeed. In the name of Jesus I pray. Amen.