

Shame, pain, and a covering

Genesis 3:1-21

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 happens to their bodies, their relationships and their work in this passage — and what does God do for them at the end?

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

What are you hiding, and what does the hiding cost you in body and mind?

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

What will you stop hiding this week, and who will you tell?

4. Who will I tell?

Who is carrying shame about their health that you could sit with without judging?

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 they hid you came looking, and when they were exposed you clothed them. Come looking for us too, and cover what we cannot cover ourselves.



This study online

NEXT STUDY A prayer when you are wasting away