

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

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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?

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