

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.



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