

Genesis 3:1-24

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 when the man and woman disobey, and what does Paul say is true of everyone?

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

Where do you see the effects of the fall in your own life?

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

What sin will you bring honestly to God this week instead of hiding it?

4. Who will I tell?

Who needs to know that God has not given up on a broken world?

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, I see how sin broke what you made good, and that I share in it. Thank you that you did not abandon us; help me long for the rescue you promised.



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