

Week Two

BOTTOM LINE

You will feel alone until you decide to be known.

GOAL OF THE GROUP

One of the struggles of a group is the desire to be known but not shamed. We hope that your group today would grow in knowing each other so that growth can happen in your group. We believe that it is when a group takes steps towards increasing their vulnerability that God can do something incredible on the journey toward freedom, grace, and truth!

SCRIPTURE

Genesis 3:3-21; 2 Corinthians 12:10 NIV

Genesis outlines the beginning of a group of people, but it also shows the beginning of it all. Whether you are a follower of Jesus or not, you've heard the narrative of Adam and Eve.

When we read through the verses, we begin to see an overarching story but also powerful truth that was buried within it about how we manage and overcome shame so we can experience freedom.

THINK ABOUT

Shame does not control you. It is either EMBRACED or REJECTED. The power to reject shame begins with the decision to accept Jesus.



DISCUSSION QUESTIONS

1. Share: Take time to have a little fun this week. Share two truths and a lie about yourself and have your group guess which is the lie!
2. Read Genesis 3:6-10.
 - a. What did Adam and Eve first realize about themselves?
 - b. If your group didn't notice it, they realized something is wrong with themselves and covered themselves up. We call this shame.
 - c. How has shame in your past (maybe a decision you made or something you felt) made an impact on your future? How has shame lingered beyond just a momentary event?
 - d. As a result of their shame, what did Adam and Eve do next?
 - i. Verse 10 says they hid from God.
 - e. Why do we hide from people or God? What are some of the fears that typically lead people to protect or hiding versus being vulnerable and honest with one another?
3. Discuss this statement: "It is impossible to heal until you choose to be real."
 - a. How have you experienced healing when you chose to be real with another friend, a group or your spouse? How did choosing to be vulnerable allow for more growth, healing, and freedom in your life?
4. Read Genesis 3:11 and 21.
 - a. In Verse 11 God points out that someone else told the lie that Adam and Eve believed. What did God do in verse 21 that changed the trajectory of their relationship?
5. Read 2 Corinthians 12:9-10
 - a. What is important for us to realize about God's grace versus our weaknesses?
 - b. How did Jesus sacrificing himself mirror the moment when God covered Adam and Eve in Genesis?
 - c. How would we live differently and approach the lies of shame if we believed this part of the verse, "'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."
 - d. How can a group of people help point you back to these types of truths that God speaks to us?
6. End in a time of prayer for each other.

TRY THIS

1. Grab a few minutes this week with a piece of paper or a journal and God.
2. Read 2 Corinthians 12:9-10. Then reflect on this question, "How am I holding onto shame right now?" Then ask God, "What do you say about my shame? What truth do you want to tell me? How do you truly see me?" and write down what He says!
3. Next week share some truth's that you heard.