

THIS WEEK 'S PRAYER:

Jesus,
Thank You for loving me enough to come looking for me.
Show me any place in my life where I have been hiding behind
fear, shame, pride, or past failures.
Help me stop protecting the very places You want to heal.
Give me the courage to step out from behind the tree and trust
Your grace.
Teach me to see myself the way You see me and to walk in the
freedom You have promised.
In Jesus' name,
Amen.

THIS WEEK'S CHALLENGE:

Each day this week, ask the Lord:
"Lord, is there any area of my life where I have been hiding
instead of trusting You?"

As He reveals those places:

- Bring them to Him honestly in prayer.
- Replace shame with God's truth.
- Thank Him for pursuing you with grace instead of condemnation.

Remember: Healing begins where hiding ends.



Week 3 – Healing Begins Where Hiding Ends

Genesis 3:9–10

BIG IDEA:

After Adam sinned, the first thing he did was hide. *"I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself."* - Genesis 3:10. Adam's greatest problem was not that he was behind a tree. His greatest problem was that he believed he had to hide from the very God who came looking for him. Shame convinced Adam that hiding was safer than honesty. Six thousand years later, shame is still telling the same lie.

KEY TRUTHS FROM THIS WEEK

- Healing begins where hiding ends.
- Hiding never heals the wound.
- Shame isolates. Grace invites.
- Hiding protects wounds God wants to restore.
- The cost of hiding is distance from the One who can heal us.
- God already knows what we've hidden.
- Grace always makes the first move.
- Before there was shame... there was grace.
- God pursues people before they pursue Him.
- God's invitation has never been, *"Hide it."* - His invitation has always been, *"Bring it to Me."*

SCRIPTURES TO REMEMBER

- Genesis 3:9: *"Then the Lord God called to Adam and said to him, 'Where are you?'"*
- Genesis 3:10: *"I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself."*
- 1 John 1:9: *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*
- Psalm 32:5: *"I acknowledged my sin to You... and You forgave the iniquity of my sin."*

PERSONAL REFLECTION

Where in my life have I been hiding?

What am I protecting that God wants to heal?

SIGNS I MAY BE LIVING IN HIDING

- I avoid talking about certain parts of my past.
- I keep people at a distance emotionally.
- I pretend everything is fine when it isn't.
- I struggle to receive God's forgiveness.
- I fear people discovering the "real me."
- I rely on performance to feel accepted.
- I keep busy so I don't have to deal with my pain.
- I believe my failures define me.
- I find it easier to hide than to ask for help.
- I feel alone even when I'm surrounded by people.

REPLACING HIDING WITH TRUTH

Example:

Shame Says: "I have to hide."

God Says: "I can come boldly to Him."

Shame Says: "I my past defines me."

God Says: _____