

# IF YOU ONLY KNEW

## WHY PEOPLE HIDE FROM GOD AND EACH OTHER



### IF YOU ONLY KNEW, PART 1: COVER UP

What do you do when you make a mistake? You want to do what almost every politician and leader does when they make a mistake—you try to cover it up. In the process of covering up our mistakes, we cover up something else. Something far more significant, and something far more tragic.

**BIG IDEA:** In an attempt to hide your sin, you hid yourself.

### DISCUSSION QUESTIONS

*\* Remember the goal is to use the questions to generate discussion, not to complete every one.*

1. Why do you think the natural reaction of so many public figures is to hide a scandal or moral failure when it happens?
2. To what extent do you think everyone struggles with a desire to cover things up?
3. *With your Bible or YouVersion, read Genesis 3:1-13.*

*<sup>1</sup> The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" <sup>2</sup> "Of course we may eat fruit from the trees in the garden," the woman replied. <sup>3</sup> "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" <sup>4</sup> "You won't die!" the serpent replied to the woman. <sup>5</sup> "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." <sup>6</sup> The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. <sup>7</sup> At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. <sup>8</sup> When the cool evening breezes were blowing, the man<sup>a</sup> and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. <sup>9</sup> Then the LORD God called to the man, "Where are you?" <sup>10</sup> He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." <sup>11</sup> "Who told you that you were naked?" the LORD God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" <sup>12</sup> The man replied, "It was the woman you gave me who gave me the fruit, and I ate it." <sup>13</sup> Then the LORD God asked the woman, "What have you done?" "The serpent deceived me," she replied. "That's why I ate it."*

*Genesis 3:1-13 (NLT)*

4. In what ways do Adam and Eve hide themselves from each other and from God in this story? What do they lose?
5. Why do you think Adam and Eve tried to hide their nakedness? How did they see themselves after they sinned? What were they afraid God would do?
6. Of what were Adam and Eve guilty? *Unresolved guilt leads to shame.* What did God do about their guilt? What is God's remedy for our guilt?
7. Chris said "*Shame will cause you to try to conceal your mess with inadequate means.*" In what ways have you seen others try to conceal their sin and shame and it not work out for them in the end? In what ways have you tried to conceal? Did it work out? Why or why not?
8. Do you think most people fear being fully known? Why?

9. In the message, Chris made a distinction between privacy, secrecy and transparency. What do you think it would be like to live in a world with full transparency?



## DIGGING DEEPER

Chris talked more about secrecy and shame in part 2 of *Connection Killers*. You can watch it [here](#). In that talk, Chris talked about the progression and pattern of shame and the *shame cycle*. Shame lead to secrecy, which leads to isolation, that leads to insecurity.



1. Why do you think that keeping secrets leads to isolation from others?
2. What are you hiding that causes you shame? What memories from your past cause you to feel ashamed (that you are a bad person or that something is wrong with you)? How has this affected your identity and sense of worth?
3. The way to break the Shame Cycle is to do the opposite.



4. Turn secrecy into confession. *With your Bible or Bible App, read Proverbs 28:13.*

*People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.*  
*Proverbs 28:13 (NLT)*

5. Our natural inclination is to conceal our sins, but what does the above verse say will happen?
6. Chris said, “*Shame thrives in darkness. But Shame loses its power when we bring it into the light. Confession means to tell the truth about what’s really going on. Confession means, ‘I am going to tell the truth and bring something out of darkness and into the light.’*” Why are secrets so hard to bring into the light?
7. Turn isolation into community. *With your Bible or Bible App, read James 5:16.*

*Confess your sins to each other and pray for each other so that you may be healed.*  
*James 5:16 (NLT)*

8. What are some shame-producing thoughts with which you still struggle? What is the truth about you, according to what God says?

## MOVING FORWARD

This week, tell someone something you’d normally cover up or not talk about. Keeping things private is different from keeping things secret. This can be your first step toward transparency and to being fully known—and fully loved.

## CHANGING YOUR MIND

*People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.*  
*Proverbs 28:13 (NLT)*