

Introduction

(Watch Video)

Open it up to the group to see if anyone has any thoughts they want to share about what was discussed in the video.

Read

(Leader will read this text out loud asking people to listen and see what stands out or speaks to them)

Genesis 3:8–10 (NIV)

⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, “Where are you?”

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

Ask the group what stood out to them in the text.

Discussion Questions

1. Why do you think hiding can feel easier than facing something we are ashamed of?
2. What can hiding look like in everyday life when someone is dealing with shame?
3. Why can hiding actually make shame stronger instead of making it go away?
4. Where are you most tempted to create distance when you feel ashamed - with God, with other people, or both? What does that tend to look like for you?
5. God asked Adam, “Where are you?” If God were asking you that question today, is there an area where He might be calling you out of hiding and into the light?

Closing

This week, ask God to show you where shame may be causing you to hide or create distance from Him or from people you trust. Then ask yourself, “What am I afraid would happen if this were brought into the light?” Shame tells us that hiding will keep us safe, but healing begins when we respond to God’s invitation to come out of hiding and walk in honesty and fellowship with Him and with others.