

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 2:25 (NIV)

²⁵ Adam and his wife were both naked, and they felt no shame.

Genesis 3:7 (NIV)

⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

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

Discussion Questions

1. Which example of a modern-day “fig leaf” from the video do you think is most common today?
2. What is the difference between saying, “I failed,” and saying, “I am a failure”?
3. When you are disappointed in yourself, what are you most tempted to believe about yourself?
4. Which modern-day fig leaf do you relate to most: achievement, perfectionism, people-pleasing, appearing strong, humor, needing to be right, or something else?
5. What would you say to someone who believes, “If people really knew me, they wouldn’t love me”?

6. What truth about God or about your identity in Christ do you need to believe more deeply when shame speaks?

Closing

This week, ask God to show you what “fig leaves” you may be using to manage how others see you. Then look beneath the behavior and ask, “What is this covering?” Shame wants to define you by your failures, weaknesses, or insecurities, but healing begins when we stop letting shame have the final word about who we are and instead receive the truth of God’s Word.