

### III. Challenge: Think About a Recent Time When You Felt Strong

#### Emotions

##### A. The Reckoning

1. What emotions were you feeling?
2. Based on the emotions you were feeling, what must have been your beliefs and assumptions?

##### B. The Rumble

1. In the light of God's love and what He tells us in the Bible, are those beliefs and assumptions true or false?
2. What are the true beliefs and assumptions from God that will replace your false ones?

##### C. The Revolution

1. How will your life be different going forward now that you are living a new story of hope and life from God?

#### Conclusion: A life without shame

- A. With God's help, be vulnerable with Him & the people that He has placed around \_\_\_\_\_
  1. trust God with your \_\_\_\_\_, fears & life
- B. You can be a beacon of \_\_\_\_\_ because the Light of the World, Jesus, lives in you.
- C. Application: How does this message apply to your life?  
\_\_\_\_\_  
\_\_\_\_\_

#### Sermon Notes

October 6, 2019 – Genesis 3:8-24

The Way Maker 1: Life Without Fear

**Summary:** All of us have a reservoir of shame that surfaces when it gets pricked. But God invites us to identify our emotions & use them to discover our own shame story & evaluate our beliefs & assumptions. God's grace & love gives us the courage & truth we need to replace false beliefs & assumptions with truth, and then live a new story with a new ending.

**Intro:** A shame experience on the I-5

- A. All of us have a reservoir of \_\_\_\_\_ that tends to get pricked when certain things happen
- B. We may not even realize it because we feel anger or fear, but there is shame \_\_\_\_\_

#### I. The Shame & Hope of Adam & Eve (Gen. 3:8-24)

##### A. Their shame

1. Adam & Eve ate from the tree \_\_\_\_\_ told them not to & everything changed
2. They hid from God because they knew that they had sinned against \_\_\_\_\_

##### B. Their hope - Adam named his wife Eve (v. 20)

1. Through his encounter with God, Adam's shame disappeared & he responded with \_\_\_\_\_
2. Adam knew that God was reaching out to him with grace & \_\_\_\_\_

- a. We need to know the \_\_\_\_\_ news
  - b. so we can know the \_\_\_\_\_ of God's Good News
- C. Along with the bad news, God gave the \_\_\_\_\_ that changed a hopeless end into endless hope (v. 15)
1. An offspring of Eve (Jesus) would defeat \_\_\_\_\_ & reverse its consequences
  2. When we trust in Jesus, He gives us new \_\_\_\_\_
    - a. That new life is nurtured by God's Word & Sacraments even as our body grows old & weak
    - b. When we \_\_\_\_\_, our physical decay & spiritual corruption are removed from us
    - c. On the Day of Resurrection, the overturning of all the consequences of sin by Jesus will be \_\_\_\_\_
  3. **Central Thought:** As Adam sat with his shame and fear in the presence of God, God brought a new realization to Adam which changed his story from a story of shame to a story of hope.

## II. Transforming Our Shame Stories

- A. Brené Brown & her husband go for a swim (from *Rising Strong* by Brené Brown)

- 1. Having the \_\_\_\_\_ to be vulnerable is the only way to transform our stories of shame into stories of hope<sup>1</sup>
- B. Brené's process for transforming our shame stories
1. The Reckoning: Walking Into Our Own Story – identifying how our emotions connect with what we \_\_\_\_\_ & do
  2. The Rumble: Owning Our Own Story – looking at our shame story to see what is \_\_\_\_\_ & needs to change
  3. The Revolution – living out our new \_\_\_\_\_ with a new ending<sup>2</sup>
- C. The Transformation of Adam & Eve's shame story
1. God graciously invited them into a Reckoning where their emotions revealed the assumptions & beliefs they had made about \_\_\_\_\_
  2. God lovingly challenged those false beliefs & assumptions (The Rumble) & gave them the Promise of future restoration through an offspring of \_\_\_\_\_
  3. Adam & Eve experienced a Revolution in how they were going to live life in the \_\_\_\_\_

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<sup>1</sup> Brené Brown, *Rising Strong*, 13-37.

<sup>2</sup> Brown, 37.