
OLD TESTAMENT STORIES WITH JESUS

THE FALL

— Student Workbook —



THE FALL, THE CURSE, AND THE PROMISED RESCUE

Genesis 3 Extended Student Study Workbook

1. Overview & Main Idea

Sermon Title: The Fall, the Curse, and the Promised Rescue

Primary Scripture Passage: Genesis 3:1–24 (CSB)

Series Context: OT Stories With Jesus

THE BIG PICTURE (Core Kingdom Truth): Humanity was created to flourish in direct, face-to-face communion with God as His image-bearing stewards. However, through distrust of God's character and word, human rebellion introduced sin, shame, blame-shifting, and spiritual exile into God's good world.

Yet even in the declaration of judgment, God unveils His ultimate Kingdom purpose: a promised Seed who will suffer a strike to His heel but ultimately crush the serpent's head, reversing the Fall through the perfect obedience, sacrifice, and resurrection of Jesus Christ, the true Last Adam.

Key Takeaway ("Why This Matters for Your Daily Life"):

Sin is not just breaking an arbitrary rule; it is a breakdown of trust in God's loving character. When temptation convinces you that God is holding back on you, you begin managing your own life, leading inevitably to guilt, hiding, and performance anxiety. You don't need a better self-improvement formula or thicker 'fig leaves' to cover your shame. You need a Savior who absorbed your judgment and clothes you in His unblemished righteousness.

 **Reflection:** *In what specific areas of your life, relationships, or personal plans do you find it easiest to doubt God's wisdom or goodness?*

2. Scripture Focus & Observation

READ: Genesis 3:1–24 (CSB)

KEY CROSS-REFERENCES & NEW TESTAMENT FULFILLMENT (CSB)

Romans 5:12, 18–19 *'Therefore, just as sin entered the world through one man, and death through sin, in this way death spread to all people, because all sinned... Therefore, just as one trespass led to condemnation for everyone, so also one righteous act leads to justification and life for everyone. For just as through one man's disobedience the many were made sinners, so also through the one man's obedience the many will be made righteous.'*

1 Corinthians 15:21–22, 45 *'For since death came through a man, the resurrection of the dead also comes through a man. For just as in Adam all die, so also in Christ all will be made alive... So it is written, "The first man Adam became a living being"; the last Adam became a life-giving spirit.'*

Romans 16:20 *'The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you.'*

Contextual Notes & Redemptive Arc:

Genesis 3 marks the tragic pivot of human history. It explains why our world is filled with anxiety, broken relationships, physical suffering, and death. Yet Genesis 3:15, known historically as the *Protoevangelium* ('First Gospel'), shines as the first beacon of hope. God promises that a human Seed will engage in deadly combat with the serpent. While the serpent strikes His heel (the cross), the Seed will crush the serpent's head (the resurrection). Jesus Christ comes as the true **Last Adam**: where the first Adam failed in a rich garden, Jesus succeeded in a harsh wilderness, resisting Satan's lies and securing eternal redemption.

 **Verse Mapping Prompt 1:** *Re-read Genesis 3:1–6 carefully. Write down the exact steps in the progression from listening to Satan's question ('Did God really say?') to the act of rebellion. What lie did Satan tell about God's motives?*

 **Verse Mapping Prompt 2:** Look closely at Genesis 3:15 and 3:21. What immediate signs of God's grace and ultimate plan of rescue appear right in the middle of His judgment?

3. Key Word Studies & Concepts Unpacked

 **Zera' (זֶרַע) — 'Offspring' or 'Seed'**

In Genesis 3:15, God declares hostility between the serpent's seed and the woman's 'seed' (Zera'). While this refers broadly to humanity warring against evil, the Apostle Paul highlights in Galatians 3:16 that it zeroes in on the singular messianic descendant: Jesus Christ. Jesus is the Royal Seed who absorbs Satan's strike on the cross and rises to deliver a fatal blow to the power of sin, death, and the devil.

 **Quick Check (Zera'):** *How does knowing that Jesus has already delivered the fatal blow to Satan change how you face personal temptation or fear?*

'Ādām (אָדָם) & 'Ādāmâ (אֲדָמָה) — 'Human' & 'Ground / Soil'

Scripture uses a powerful Hebrew wordplay: 'Ādām' (human/man) was shaped directly from the 'Ādāmâ' (ground/soil). When human sin severed communion with God, the ground itself was cursed ('thorns and thistles'). Human rebellion did not just damage our interior spiritual lives; it fractured our connection to work, creation, and physical reality. We are reminded that we are dust, utterly dependent on God's life-giving breath.

 **Quick Check ('Ādām & 'Ādāmâ):** *In what ways do you experience 'thorns and thistles' (frustration, anxiety, burnout) in your daily schoolwork, job, or goals?*

Těšûqâ (תְּשׁוּקָה) — 'Desire' / Relational Strain

In Genesis 3:16, God tells the woman that her 'desire' (Těšûqâ) will be for her husband. The same Hebrew word appears in Genesis 4:7 when God warns Cain that 'sin's desire (Těšûqâ) is for you, but you must rule over it.' In a fallen world, relational 'desire' often turns into a power struggle—a drive to control, manipulate, or usurp rather than walking in self-giving, mutually honoring unity.

 **Quick Check (Těšûqâ):** *Where do you see relational power struggles or the urge to control others popping up in your friendships, dating life, or family?*

4. Core Lesson Breakdown

I. The Strategy of Temptation: Distrusting the King's Character

- Satan's attack was not an overt denial of God's existence, but a subtle distortion of God's word ('Did God really say?') and a slander of His motives ('God knows... you will be like God').
- Temptation always paints God's protective boundaries as oppressive restrictions withholding true freedom and pleasure.

- All sin originates when the heart stops trusting that God's character is purely good, loving, and wise.

II. The Anatomy of Sin: Autonomy, Shame, Blame, and Hiding

- The promise of autonomy ('you will be like God') delivered immediate exposure, guilt, and vulnerability.
- Rather than stepping into freedom, Adam and Eve realized their nakedness and tried to cover themselves with fragile, self-made fig leaves.
- When God gently called out ('Where are you?'), human self-preservation led to hiding and blame-shifting: Adam blamed Eve and God, while Eve blamed the serpent.

III. The Curse and the Grace: Exile, Divine Clothing, and the Promised Victory

- Sin resulted in tragic brokenness: relational conflict, physical frustration, pain in childbirth, and physical death ('to dust you shall return').
- Humanity was cast out of Eden—a merciful exile to prevent eternal existence in a fallen, sinful state.
- Crucially, before driving them out, God sacrificed animals to make garments of skin (Genesis 3:21), prefiguring how Christ would shed His blood to permanently clothe us in His righteousness.

CULTURAL MYTH VS. KINGDOM TRUTH

Cultural Myth (Fallen World Narrative)	Kingdom Truth (God's Word in Genesis 3)
1. Real freedom means living without rules, boundaries, or authority.	God's boundaries are designed to guard life and joy; true freedom is trusting our loving Creator.
2. My secret choices only affect me; small moral slip-ups are harmless.	Sin spreads brokenness into our relationship with God, others, and creation, causing hidden shame.
3. I can fix my mistakes and cover my guilt through achievement, image, and good behavior.	Self-made 'fig leaves' of performance fail; only God can cover our shame through Christ's sacrifice.
4. God is restrictive and withholding; He wants to stop me from enjoying life.	God's commands flow from infinite love and wisdom; seeking autonomy apart from Him leads to exile.

 **Personal Reality Check Exercise:** Which of these 4 cultural myths do you catch yourself buying into most often? Describe a recent situation where you relied on 'fig leaves' (social media image, grades, perfectionism, or shifting blame) instead of running to God in honest repentance.

5. Discussion & Heart Reflection Exercise

 **Opening Question:** What is a rule or boundary from your childhood that you hated at the time, but now realize was put there out of love to protect you?

 **Observation Question 1:** How did Satan twist God's original instruction in Genesis 2:16–17 when speaking to Eve in Genesis 3:1? How does Satan use subtle exaggerations today?

 **Text Observation Question 2:** When God asked Adam, 'Where are you?' and 'Did you eat from the tree?', why was God asking? What was Adam's immediate response, and what does it reveal about human nature?

♥ **Heart Reflection Question 1:** When you mess up or experience moral failure, what is your knee-jerk reaction—do you hide and isolate yourself, blame circumstances/others, or run straight to Jesus?

♥ **Heart Reflection Question 2:** What 'fig leaves' are you currently relying on to feel worthy, approved, or secure (e.g., academic achievements, athletic performance, physical appearance, approval of peers)?

👥 **Group Application Question:** How can our small group or student community cultivate an environment of gospel safety where we can stop wearing masks, share real struggles, and point each other to Christ's grace? *(Answer on your own if not in a group)*

6. Weekly Action Challenge & Personal Prayer Journal

Weekly Action Checklist (Select 2–3 practical commitments for this week):

- ☐ **1. Unmask & Confess:** Identify one 'fig leaf' mask you've been wearing, and share it honestly with a trusted mentor, counselor, or Christian friend.
- ☐ **2. Practice Gospel Truth-Telling:** Whenever you feel fear or shame this week, speak Romans 8:1 or 2 Corinthians 5:21 aloud to remind your soul of Christ's righteousness.
- ☐ **3. Serve Without Performance:** Perform one quiet act of service or kindness this week without telling anyone or seeking recognition or approval.

 **My Action Plan:** Write down your specific commitment for this week. Who will hold you accountable?

 **Guided Prayer & Reflection Prompt:** Write out a short prayer below in reflection of what you've learned and what God has revealed about Himself.

 **Scripture Memory Challenge (Fill-in-the-Blank Practice):**

1 Corinthians 15:22 (CSB Memory Verse) "For just as in _____ all die, so also in _____ all will be made alive."

Practice writing the complete verse below from memory:

 **Memory Verse Practice Space:**

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