

**Freedom from Fig Leaves**

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**Origin of a very good world. Naked and unashamed.** (Genesis 1:26-31; 2:25)

Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." ... <sup>31</sup> God saw all that he had made, and it was very good. ... <sup>2:25</sup> Adam and his wife were both naked, and they felt no shame. Genesis 1:26, 31, 2:25

**Original sin.** (Genesis 3:1-6)

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Genesis 3:6

**Original shame. Naked and ashamed.** (Genesis 3:7-11)

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. <sup>8</sup> 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. <sup>9</sup> But the LORD God called to the man, "Where are you?" <sup>10</sup> He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." <sup>11</sup> And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" Genesis 3:7-11

**We develop habits and patterns to cope with life. "Fig Leaves"**

- We hide from each other.
- We hide from God.
- We hide from ourselves.

Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. Hebrews 4:13

**Instead of covering up, open up to God and let Jesus cover you.**

"Blessed are those whose transgressions are forgiven, whose sins are covered."  
Romans 4:7

**Let's Connect**

- Can you remember the first time you felt shame as a child? What happened?

**Let's Talk About It**

God created you to live in freedom and wholeness. He gives you a choice as to how you will live in relationship with Him. You can choose to trust God and live under His loving leadership or you can be the master of your own life. When you receive God's loving rule, He begins a process of transformation in your life. It's an intimate relationship with God where you're known and loved by God just as you are – broken and vulnerable – and you feel no shame. That is the freedom God created for us to experience.

Genesis 1:26-27; Genesis 2:25; Genesis 3:1-11; Hebrews 4:13; Romans 4:7

- Which part of the message made an impact, caught your attention or challenged you?
- Read Genesis 3:1-11. What are some attributes of shame that make it so damaging? Which of these have you seen or experienced in your life?
- How do people try to cover their nakedness? What would be a better response? How could your life look different if you lived with zero shame?
- Read Hebrews 4:13. What are you ashamed of? (Please be honest, but not overly graphic.) Is there something in your past you need to allow God to cover? If you feel comfortable, discuss it with your group. If not with your group, confide in someone you trust who can help you.
- What can you do to allow God to cover your life and remove sin? What is a practical next step to live free from shame?

**Take a Step**

- Tell someone you trust something you feel like you have to cover up and hide. Watch the power of shame begin to lose its grip.

**Here's My Prayer**

- God, You are so good to us. You made us well. You made our bodies and our hearts clean and pure. You intended us for Your good. Thank you, Jesus, for dying to make us clean again. We ask You to set us free from coping with our sin and shame by covering up. God, we receive your forgiveness and covering through Jesus. Give us strength to live open and unashamed lives. Amen.