

## TALK IT OVER

### Key Scriptures

*... the man and his wife were both naked and were not ashamed. Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man and said to him, "Where are you?" And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." Then the LORD God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."*  
Genesis 2:25-3:13 ESV

*So God created man in his own image, in the image of God he created him; male and female he created them.* Genesis 1:27  
ESV

*"The thief comes only to steal and kill and destroy. ..."* John 10:10 ESV

Start talking. Find a conversation starter for your group.

- Can you remember the first time you felt bad or shameful about something as a kid? What happened?

Start thinking. Ask a question to get your group thinking.

- Read Genesis 3:13 together. Is there anything you're seeing in a new light after Christine's message?
- What are the attributes of shame that make it so damaging?

Start sharing. Choose a question to create openness.

- How would your life look different if you lived with zero shame? What would change?
- What is keeping you from living life free from shame?
- What would you have to do in order to combat shame in your life? What would be your next practical step?

Start praying. Be bold and pray with power.

God, You are so deeply 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 for Jesus, who died to make us clean again. We ask You to set us free from shame. Give us strength to reject the power of shame in our lives. Amen!

Start doing. Commit to a step and live it out this week.

- Tell people you trust something you feel like you have to hide and watch the power of shame begin to break.
- Read Christine's Bible Plan: [www.go2.lc/unashamedplan](http://www.go2.lc/unashamedplan)
- Repeat each day this week, "I'm not what I've done or what's been done to me. I'm \_\_\_\_\_, who God made well."