

TOGETHER: HIDE AND SEEK

Life Group Questions | Sunday, January 12, 2020

Read Gen 3:1-13. Keep Gen. 2:25, “Adam and his wife were both naked and they felt no shame,” in mind as you read. What stands out to you?

Genesis 2 sets the stage for chapter 3. We see a good creation, a state of “shalom” and right relationship between God and humanity, and male and female. Tragically, we see the environment of shalom and intimacy severed when the serpent deceives Eve, and sin enters the scene. A once naked (vulnerable) and unashamed people become aware of their nakedness and seek to hide themselves from God and from one another.

How does this shift hit you; does it invoke grief, frustration, or perhaps a simple acceptance? Can you resonate with Adam and Eve’s reaction? Have there been times when you’ve sought to hide yourself from God and others?

Despite Adam and Eve’s failure, God seeks them in the garden, calling out, “Where are you?” When you make mistakes or experience shame, do you believe that God is actively seeking your heart? Do you believe that you are worth being pursued in this way?

Consider and discuss the following statement: “Intimacy is experienced through vulnerability. Only when we come out of hiding can we be truly known and loved.”

What does it mean to “hide” from others? In what ways do you hide? What fears are lurking there? What past experiences or wounds may be making you hesitant to practice vulnerability?

As you share these experiences/wounds affirm one another. When someone shares, practice attentiveness, empathy (entering into the scenario and experiencing their pain with them), and affirmation. Some example responses might include:

- *I’m so glad you shared that experience; that took a great deal of courage, and I’m privileged to know you and walk through life with you.*
- *Thank you for your vulnerability, and entrusting me with that information/experience. You can continue to trust me and lean on me.*
- *That’s so difficult; I’m so sorry that happened. Know that I’m here and I’m for you.*

Brainstorm as a group some practical ways to cultivate intimacy and vulnerability over time. Think about setting and appropriate responses during conversation. What helps you feel known and cared for?

End by praying together. Begin with a few minutes of silent reflection. Ask God to reveal any areas of shame, to bring them into the light, and to show you your worthiness (how he sees you).