



# Getting Healthy: Relationally

## How To Live In Love and Not Fear Genesis 3

### I. These fears will ruin my relationships:

1. Fear of \_\_\_\_\_ → \_\_\_\_\_

"God called to Adam, 'Why are you hiding?' Adam said, 'I was afraid because I was naked; so I hid.'" v.9-10 (LB/TEV)

\_\_\_\_\_ → \_\_\_\_\_ → \_\_\_\_\_

2. Fear of \_\_\_\_\_ → \_\_\_\_\_

"God asked, 'Did you eat...what I told you not to eat?' Adam answered, 'You gave me this woman and she gave me the fruit! ... Then Eve said, 'The snake tricked me into eating!'" v.12-13 (NIV)/(TEV)

3. Fear of \_\_\_\_\_ → \_\_\_\_\_

"...You'll have yearning for your husband, but he will lord it over you..." v.16 (NJB)

### II. The cure: \_\_\_\_\_

"Wherever God's love is, there is no fear, because God's perfect love drives out all fear." 1 John 4:18a (NCV)

"It is the thought of punishment (negative consequences) that makes a person fearful." John 4:18b (NCV)

### III. Daily practices:

1. \_\_\_\_\_

2. \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

3. \_\_\_\_\_



## Reflection and Discussion Guide

### Getting Healthy: Relationally

**Intro:** What are typical ways children act when they think they've been caught doing something wrong?

**Read:** Genesis 3:6-19

**Discuss:** 1. v.7 (NLT): "...they suddenly felt shame at their nakedness." Facing what we really are can be fearful because doing so reveals our weaknesses. In the process of building relationships, what kinds of past life situations can make us feel shameful?

2. v.3 (NLT): "So they sewed fig leaves together to cover themselves." Out of fear, we may keep a distance from others to cover up disgrace or embarrassment instead of facing our fears. Share an experience where you faced your fears instead of ignoring them, which gave you an opportunity to grow.

3. v.8 (NLT): "They hid among the trees." Like Adam and Eve, when we don't follow God's instructions, we often find ourselves hiding from God and feeling far from him. What do you think are reasons for our hiding and feeling distant from God?

4. 1 Corinthians 13:7 says, "Love never stops being patient, never stops believing, never stops hoping, never gives up." What does it look like to offer the type of love described in the above verse to people who are often demanding or difficult, with whom we interact regularly?

5. John 13:34 (GW) says, "Love each other in the same way that I have loved you." Imagine that you accept others as Christ has accepted you. How can offering this kind of love to others change our perspective when dealing with relationships we struggle with?

6. Read Job 11:13-18 and describe a time when surrendering your heart to God helped you alleviate fear and replace it with confidence. How could sharing this story with others encourage them to surrender their fears to God?

7. Remembering the ways God loves and values us is one cure for fear. What can you do to remind yourself daily of God's love for you?