SESSION 2

CORE LIES: SHAME AND FEAR

**Your Top Three Sins**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Two Universal Emotions**

* Shame
* Fear

**Genesis 3:1-13**

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” 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. 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. 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. But the Lord God called to the man, “Where are you?” He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?” The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.” Then the Lord God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.”

**Four Universal Emotional Stages**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - After the man and woman ate of the fruit that God specifically told them not to eat, this was the first emotion they felt.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The resulting action that followed shame. To some extent, we have all followed the pattern set for us by Adam and Eve.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - As we give into shame and then hiding, this is the next emotion to appear. No one wants to get caught or exposed.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - When God questioned Adam and Eve, they had the opportunity to be honest, but instead they introduced a new behavior.

**A Universal Reality**

Without owning our own pain or situation, our problems can never be resolved, and we are unable to walk in freedom.

Nobody is responsible for my soul but me.

**MINISTRY ACTIVATION**

1. **Ask the Holy Spirit**

* Am I blaming anyone else for my pain?
* Am I blaming someone else for the current situation I’m facing?
* Have I blamed another for the condition of my soul?

1. **Think of the four emotional stages: Shame, Hiding, Fear, and Blame. Ask the Lord:**

* In what ways have I fallen into this pattern?
* Is there one area I struggle with more than the others?

1. **Name the circumstance, the sin, or the emotion you want to “own.”**
2. **Listen to the Lord’s reply and believe His Word.**
3. **Renounce any lies and confess what the Lord spoke to you.**

**Prayer**

Father, I thank you that Your perfect love casts out fear. With an act of my will, I choose to walk in love. I choose to take responsibility for my soul. Help me break down the walls of shame and fear. I choose to come out of hiding. Give me the courage to be vulnerable. Thank you for always loving me and never shaming me. Help me to fully engage in the process of my own freedom, which you have freely offered to me through your Son. Amen.