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The Shame Trap
Genesis 1:26-31, 2:25, 3:6-10

_____ Traps You But _____ Sets You Free.

Genesis 1:26-31 *Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."*

²⁷*So God created human beings in his own image.*

*In the image of God he created them;
male and female he created them.*

²⁸*Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."*

²⁹*Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. ³⁰And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." And that is what happened.*

³¹*Then God looked over all he had made, and he saw that it was very good!*

Genesis 2:25 *Now the man and his wife were both naked, and unashamed.*

Genesis 3:6-10 *The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁷At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.*

⁸*When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. ⁹Then the Lord God called to the man, "Where are you?"*

¹⁰*He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."*

I. Shame Traps _____

A. Shame traps you _____

1. Shame Traps your Physical Life
2. Shame Traps your Identity

B. Shame traps you _____

1. Family
2. Community
3. Work

II. _____ Sets You Free

A. God Seeks You Out in Your Shame

B. You are not Alone in the Battle

Hebrews 12:12 *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

Doggy Bag: Something to take home and chew on!

1. What are the moments or situations that trigger "shame" in your life?
2. When has shame cause you to "hide" from God? "Hide" from someone else?
3. How has shame distorted the "connections" or relationships God would have you in?
4. Who are your close and dear friends that can "seek you out" if you are trapped by the enemy in "shame?"
5. What would it look like to allow Christ to set you free? What is your first step to freedom in Christ?

