



VISION - On Sunday, Mark started a new sermon series, Get Real, where we're laying out a pathway to emotional health and maturity that we believe will bring personal, spiritual, and relational life. We are inviting you to track with us on Sundays, apply the sermons by doing the small practice applied to each sermon, and journey together in Lifegroups. As Mark mentioned on Sunday, this is an invitation for everybody to jump in as we will get as much out of it as we put in.

SCRIPTURE - Genesis 3:1-13, 21

DISCUSSION. (feel free to make this a little shorter, if needed, to have ample space for the break time up time)

1. Read Genesis 3:1-13, 21. Why is this story so significant in the larger story of scripture and world history up until today?
  1. *Leaders - this explains the brokenness of our world, emotions, relationships, and not only sets the scene for a Savior but our need to be made whole by the work of the Savior.*
2. Look back at verse 7-8. We see their response to their sin was hiding. What might have they been feeling in that moment about themselves, about God, about each other?
  1. *Leaders - Allow people to put themselves in the emotional shoes of Adam and Eve. Obviously, Adam and Eve were probably feeling failure, shame, anxiety, fear, and self hatred*
3. Those same feelings of shame, self disgust, and fear are all feelings we have felt at times in this broken world of our's. Read v. 8-13. We see in these passages how their emotions affected their actions and their relationships. Relating that to us, how does that not only affect our relationship with God and others, but even our relationship with ourselves?
  1. *Leaders - Allow people to see that our broken emotions can fragment our ability to relate to one another in a healthy way, and even can blind us to the state of our own emotions and soul. We see Adam and Eve were full of emotion but weren't very aware of what was actually going on, as evidenced by their blaming of one another.*
4. In light of this text and what we have discussed, why would you say, in your own words, that navigating our emotional world is important?
  1. *Leaders - Allow this to help people form their own conviction on why this is important by referencing the text, discussion/sermon, and their own experience. Obviously, people will have half thought through answers, but this is helpful for people to form their own conviction.*
5. What do we see God doing in this story, and why is that important?
  1. *Leaders - a) This is a foreshadow and picture of the redemptive work of Christ. b) We see a God who wants us and pursues us in our innermost shame and brokenness, and lovingly and relationally draws us out*

BREAK UP - Over the next number of weeks, we'll be taking time in guys and ladies groups to process what God is doing in us, as well as share how we're applying the practice "homework" and how that experience has been. We'll be asking similar questions every week.

1. What is God doing in you this week through this sermon series/passage?
2. Did you take time to apply the sermon & practice, and if so, how did it go?
  - i. Reminder, this week's practice was to take 5 minutes to prayerfully reflect at the end of each day by asking some simple questions like: a) What was good today that I can thank God for? b) What was hard today that I can mourn, repent, or vent to God? c) Is there a fear keeping me back from trusting God and being myself?
3. Is there anything you need to do coming out of this, and how can we as a group pray for you and support you in that?