



## ***SATURDAY MORNING OVERVIEW***

Think about the Garden of Eden. Adam and Eve had prime hangout time with God all the time; they could talk about everything and he took care of everything they needed. If anyone could say they had the best friend in the entire universe, it was Adam and Eve. And yet, as we know, they still went behind his back and tried to keep a secret from him. And, they actually got what they wanted out of it. But, what's interesting is that even though they did what they wanted and got everything they asked for, it didn't stop the feeling of shame that followed. Today in large and small group, we want to talk about shame. It can come from making our own poor decisions or it can come from something someone else did. We want students to know that God does not want us to hide in shame. When we let shame rule us, we are hiding not only from consequences but ultimately from God's grace.

## ***BOTTOM LINE***

We carry the things that we try to hide.

## ***SCRIPTURE***

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." // Genesis 3:8-10

## ***CONVERSATION STARTER***

- Did you forget to pack anything for this trip?

## ***WHAT DOES GOD SAY***

- Read Genesis 3:8–10. What were Adam and Eve afraid of?
- Did God already know what they had done wrong? What does that tell us about God that he still came to them?

## ***THINKING ABOUT YOUR LIFE***

- What's a good definition of shame? (a feeling of disgrace; the weight of guilt)
- What words, phrases, images, or people come to mind when you think of the word “shame”?
- What might cause a middle schooler to feel shame?

## ***ACTIVITY***

At this point, have each student sit alone with their red label and marker to answer this question: *What causes you to feel you need to run and hide from God?*

After group, have students seal their red labels in an envelope with their name on it. Collect these and bring them with you tonight, as they will need them at the end of the session.