

Best Weekend Ever

Saturday Morning Quiet Time

Bottom Line: We've all felt shame and hidden from God

Key Text: Genesis 3:8–10

Read the following passage 2–3 times. Underline or circle words/phrases that stand out to you.

Genesis 3:8–10 (NIRV)

Then the man and his wife heard the Lord God walking in the garden. It was during the coolest time of the day. They hid from the Lord God among the trees of the garden. But the Lord God called out to the man. "Where are you?" he asked. He answered, "I heard you in the garden. I was afraid, because I was naked. So I hid."

Reflection Questions

- What do you notice about how Adam and Eve reacted when they realized they had sinned?
 - What does God's question, "Where are you?" show us about His heart?
 - What does it feel like when you're carrying or hiding a "brick" in your own life?
 - How might it change things to remember that God already sees you and still comes looking for you?
-
-
-
-
-

Activity

Take a label and write down one "brick" you feel like you've been carrying—something you tend to hide or keep inside. Place the label in the envelope and seal it. You don't need to share this with anyone. This step is just between you and God.

Spend a few moments in prayer. Ask God to remind you that you don't need to hide from Him. Thank Him that He already knows you and loves you.