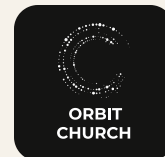


Who Told You You Were Naked?!

2025-06-01 • PASTOR MATT ROSE



Genesis 3

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

In Genesis 3, the first thing God asks the hiding couple is a question: who told you that you were naked? Pastor Matt called that the birthplace of shame. Somebody or something told you what to be ashamed of, and the old pattern of hiding and blaming is still running today. He talked honestly about how the things that happen to us when we are young keep shaping how we think and react for decades. Then he shared a moment from his own prayer: Christ was present in every one of those moments. So the invitation is not to bury them. It is to invite him into them.

To get started

- What is something you learned when you were young that you still do without thinking?

Looking back at the message

This one touches real wounds. Go slowly and do not press anyone.

- 1 God's question in the garden was: who told you that you were naked? Pastor Matt said shame always has a voice behind it. What did you make of that idea?
- 2 Pastor Matt talked about habits and reactions we picked up young that still run our lives as adults. What is one you have noticed in yourself?
- 3 Pastor Matt said naming what happened to you is part of letting God heal it. Why do you think saying it out loud matters so much? OPTIONAL

Looking at the passage

Read Genesis 3:8-13 aloud. God asks questions rather than making accusations.

- 4 Read Genesis 3:8-9. What do Adam and Eve do when they hear God coming, and what does God ask first?
- 5 In verse 10, Adam gives a reason for hiding. What is it?
- 6 God asks in verse 11: who told you? What does that question say about where their shame came from?
- 7 Read Psalm 139:1-4. What does that psalm say about being fully known by God? OPTIONAL

Bringing it home

Nobody needs to disclose anything. Keep every question answerable in general terms.

- 8 Where does hiding show up in your life now, in small everyday ways?
- 9 Pastor Matt shared that in prayer he sensed Christ had been present in every moment of his life, including the painful ones. How does that idea sit with you?
- 10 What would inviting God into an old memory actually look like?
- 11 Is there something you have never told anyone? You do not have to say what. OPTIONAL

The group together

If anything serious surfaces, point toward a pastor or a counsellor, warmly.

- 12 What makes a group safe enough for someone to stop hiding a little?
- 13 How do we respond well when someone tells us something heavy?
- 14 Pastor Matt recommended counseling alongside prayer, not instead of it. How can we talk about counseling here without any shame attached?

BEFORE YOU FINISH

What is one thing you would be willing to stop hiding from God, even if from no one else?

You might pray about

- For those carrying something they have never named
- For shame that answers to a voice that is not God's
- For healing that takes time and help
- For the courage to stop hiding