

## TRANSFORMING MY RELATIONAL HEALTH

Series: Metamorphosis 101 (part 6)

September 5, 2021

### Genesis 3:6-19

*"...so Eve ate some of the fruit. She also gave some to her husband, Adam, who was with her, and he ate it. Immediately, their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover up themselves. Then they heard the Lord walking in the garden in the cool of the day, and they hid from God among the trees. But God called out to Adam, 'Where are you?' Adam replied, 'I heard you coming and I was afraid because I was naked; so I hid.' Then God asked, 'Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?' Adam said, 'You gave me this woman and she gave me the fruit, so I ate it.' Then God said to Eve, 'Why did you do this?' Eve replied, 'The serpent deceived me, and I ate it.' ...So God said to Eve, '(Because you disobeyed me) you'll have greater trouble in pregnancy and great pain in childbirth. And though you'll desire your husband, he's going to lord it over you.' Then God said to Adam, 'Because you also disobeyed me and sinned with your wife, the ground you work is now cursed. And though you'll get to eat what you planted, your fields will have weeds, and thorns and thistles, and for the rest of your life you'll have to sweat and work hard to get your food until you yourself are returned to the dirt that I used to create you.'"*

### HOW OUR FEARS RUIN OUR RELATIONSHIPS

1. Our fear of \_\_\_\_\_ makes us \_\_\_\_\_.

*"God called to Adam, 'Why are you hiding?' And Adam said, 'I was afraid because I was naked, so I hid.'" Genesis 3:9-10 (TEV)*

*"...they suddenly felt shame at their nakedness." Gen 3:7a (NLT)*

*"So they sewed fig leaves together to cover themselves." Gen 3:7b*

*"Then they hid from God among the trees." Gen 3:8*

2. Our fear of \_\_\_\_\_ makes us \_\_\_\_\_.

*God asked, "Did you eat what I told you not to eat?" Adam answered, "You gave me this woman and she gave me the fruit, so I ate it." Gen 3:11b-12*

*"Then Eve said, 'The serpent deceived me, and I ate it.'" Gen 3:13 (TEV)*

3. Our fear of \_\_\_\_\_ makes us \_\_\_\_\_.

*"You will have yearnings for your husband, but he will lord it over you." Gen 3:16 (NJB)*

## THE ANTIDOTE FOR OVERCOMING MY FEARS

- Learn to \_\_\_\_\_!

*“Wherever God’s love is, there is no fear, because God’s perfect love drives out all fear. It is the thought of punishment that makes a person fearful.”*

1 John 4:18 (NCV)

### 3 CHOICES FOR LIVING IN GOD’S LOVE

1. Every day \_\_\_\_\_.

*“Surrender your heart to God, turn to him in prayer, and give up your sins—even those you do in secret. Then you won’t be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. Then you will rest safe and secure, filled with hope and emptied of worry.”* Job 11:13-18 (CEV)

2. Every day \_\_\_\_\_.

- I am \_\_\_\_\_

*“Jesus made us acceptable to God.”* Titus 3:7 (CEV)

- I am \_\_\_\_\_

*“There is NO condemnation for those in Christ Jesus!”* Romans 8:1 (NIV)

- I am \_\_\_\_\_

*“You have been bought and paid for by Christ’s death.”* 1 Cor 7:23 (CEV)

3. Every day \_\_\_\_\_.

(Jesus speaking) *“Love each other in the same way that I have loved you.”*  
John 13:34b (GW)

*“Accept one another just as Christ accepted you.”* Romans 15:7

*“Love never stops being patient, love never stops believing, love never stops hoping, love never gives up!”* 1 Corinthians 13:7 (GW)