



The Fall of the First Family

Focus The curses of shame, blame and fame entered the world through the fall of Adam and Eve in the Garden of Eden, but Jesus came to redeem us from these curses.

Open What is the first thing you think of when you wake up in the morning?

Read God designed the family, and it was good—until Adam and Eve fell to the Devil’s deception and disobeyed God (Genesis 3). Immediately, they hid from one another and from God, blamed others for their mistake and sought to have a separate identity from one another. In this way, a spirit of shame, blame (accusation) and fame (competition) entered the world. The effects of these curses have been plaguing families ever since.

The good news is this: Jesus came to redeem us and our families from the curses that came on mankind through Adam (Romans 5:17–19). Jesus’ righteousness covers our shame, which in turn, heals the issues we may have with accusation and competition.

- Talk**
1. The immediate result of sin is shame. How is shame different than remorse? Why is shame toxic (to us as individuals and to our families)?
 2. What do people commonly do to “cover” their shame?

3. Why is blame-shifting a natural by-product of shame in our lives? How does it affect us and our families?
4. Until the fall, Adam and Eve were one—both in name and in spirit. After the fall, Adam “labeled” Eve. Why is labeling others or oneself so harmful? Why can it cause a competitive or fame-seeking spirit?

Live

1. Which would you say that you struggle with the most: shame, blame or fame? Why do you think that is? How has that been evident in your life?
2. How can you begin to “live out” Romans 5:17–19 and receive greater freedom from the curse this week?

Pray

Thank God for Jesus’ redeeming work on the cross that sets us free from the curse. Ask Him to free you so you can experience family life the way God intended for it to be. Tell God which one of the three you feel you are struggling with most (shame, blame or fame). Ask Him to help you understand His grace more completely that you might be freed from shame. Pray for each member of your family to receive grace and healing as well.