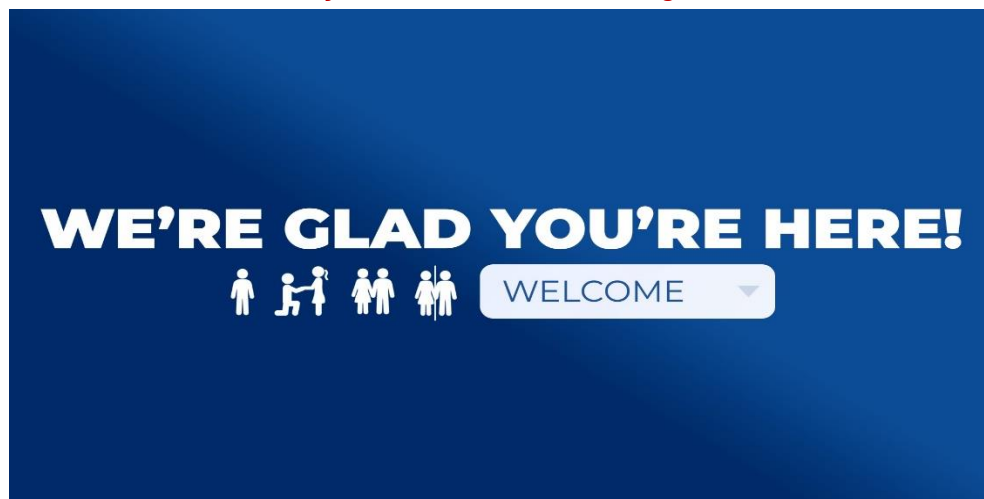




WELCOME TO CEC..... Pastor Phill
SINGING TOGETHER My Saviour redeemer
You alone can rescue

PRAYER
SINGING TOGETHER Behold the Lamb (See him there)
UPDATES Pastor Phill
SINGING TOGETHER God so loved (Saviour of the world)
BIBLE READING Genesis 3:1-24 (Church Bible page 59)
MESSAGE Taught by Pastor Phill
SINGING TOGETHER Who You say I am



Relationship Status ~1

How to diffuse fear in relationships.

Genesis 3:1-24

'The woman was convinced. The fruit looked so fresh and delicious, and it would make her so wise! So she ate some of the fruit. She also gave some to her husband, who was with her. Then he ate it, too. At that moment, their eyes were opened, and they suddenly felt shame at their nakedness. When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. Then the Lord God called to the man, "Where are you?" He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." "Who told you that you were naked?" the Lord God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" The man replied, "It was the woman you gave me who gave me the fruit, and I ate it." Then the Lord God asked the woman, "What have you done?" "The serpent deceived me," she replied. "That's why I ate it."' Genesis 3:6-13 NLT

'I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to control your husband, but he will rule over you.' Genesis 3:16 NLT

1. The fear of _____ makes me _____.
'God called Adam, "Why are you hiding?" And Adam said, "I was afraid because I was naked and so I hid."' Genesis 3:9-10 LB

Phase 1: _____
'They suddenly felt shame at their nakedness.' Genesis 3:7 NLT

Phase 2: _____
'So they sewed fig leaves together to cover up themselves.' Genesis 3:7 NLT

Phase 3: _____
'They hid from the Lord God among the trees.' Genesis 3:8 NLT

2. The fear of _____ makes me _____.
'God asked. "Did you eat the fruit that I told you not to eat?" The man said, "The woman YOU put here with me—SHE gave me some fruit from the tree, and I ate it."' Genesis 3:12 NCV

'Eve said, "The serpent deceived me, and I ate."' Genesis 3:13 NLT

3. The fear of _____ makes me _____.

'Your yearning will be for your husband, and he will dominate you.' Genesis 3:16 NET

The antidote: Learn to live in _____.

'Where God's love is, there is no fear, because God's perfect love drives out fear.'

1 John 4:18 NCV

1. Every day _____ my heart to God.

'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. You will rest safe and secure, filled with hope and emptied of worry!' Job 11:13-18 CEV

2. Every day _____ the way God loves me.

1. I am totally _____.

'[Jesus] made us acceptable to God.' Titus 3:7 CEV

2. I am unconditionally _____.

'My love for you will never end, says the Lord.' Isaiah 54:10 GN

3. I am completely _____.

'There is now no condemnation for those who are in Christ Jesus.' Romans 8:1 NIV

4. I am extremely _____.

'You have been bought and paid for by Christ.' 1 Corinthians 7:23 LB

3. Every day _____ love to others.

'Above all, love each other deeply, because love covers over a multitude of sins.'

1 Peter 4:8 NIV

'I am giving a new commandment to you now – love each other just as much as I love you.' John 13:34 NLT

'Accept one another just as Christ accepted you.' Romans 15:7 NIV

'Love never stops being patient, never stops believing, never stops hoping, never gives up.' 1 Corinthians 13:7 GW



1. What are typical ways children act when they think they've been caught doing something wrong?
2. Read Genesis 3:7. Facing what we really are can be very fearful because doing so reveals our weaknesses. In the process of building relationships, what kinds of life situations can make someone feel shameful?
3. Read Genesis 3:3. Out of fear, we may keep a distance from others to cover up disgrace or embarrassment instead of facing our fears. How might someone face their fears instead of ignoring them?
4. Read Genesis 3:8. Like Adam and Eve, when we don't follow God's instructions we often find ourselves hiding from God and feeling far from him. What are reasons people hide from and distance themselves from God?
5. Read 1 Corinthians 13:7. What does it look like to offer the type of love described in 1 Corinthians 13:7 to people who are often demanding or difficult?
6. Read John 13:34. Imagine that you accept others as Christ has accepted you. How can offering this kind of love to others change our perspective when dealing with relationships we struggle with?
7. Read Job 11:13-18. How might surrendering our hearts to God help to alleviate fear and replace it with confidence? How could sharing this victory with others encourage them to surrender their fears to God?
8. What are typical ways people cover up fears regarding things they don't like about themselves in order to keep other people at a distance relationally?
9. Remembering the ways God loves and values us is one antidote to fear. What makes each of us valuable as a person?

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www.youtube.com/cowplainchurch.