



Small Group Curriculum • Genesis 3 • Where in the world did we go wrong?

WEEK 2 • Genesis 3:8-13

This week, we're digging into what happens when we mess up—and get caught. Our human instinct is often to shift the blame: to point the finger at someone else, explain our way out of it, or even hide from the truth.

When we mess up, get caught, or feel exposed, most of us have a reflex—it might be to hide, defend, or shift blame. This week, we're diving into that reflex. What's underneath it? What are we really trying to protect? And how can we move toward honesty, healing, and growth instead of isolation and shame?

In Genesis 3, we see the first moment this happened. And honestly? It still happens to us today.

REMINDERS

- Join our Space or Café Team, serving once a month! Reach out to layth@awakeningchurch.com for Space, and bailey@awakeningchurch.com for Café.
- Join our local food pantry team the 1st and 3rd Thursdays of every month from 2-5pm at Del Mar High School. To register go to awakeningchurch.com/serve
- Women's and Marriage summer studies are soon starting! Register at awakeningchurch.com

ICEBREAKER

Option 1: Think back to when you were a kid: what's the funniest or most creative thing you blamed someone—or something—else for? (e.g., "The dog ate my homework," or "It wasn't made well" or "It was xx who started it!")

Option 2: What would you blame *this week* if you had to pin it on an object or situation? (e.g., *My group text* ruined my afternoon—I looked down for one second and came back to 47 unread messages and zero context or *My overcommitment* ruined my rest—I kept pushing through and now I'm exhausted emotionally and spiritually.)

INTRODUCTION

Let's get honest: when we're in trouble, we all have our go-to moves—deflect, hide, defend, or blame. But where does that reaction come from? Is it about fear? Pride? Shame? Let's explore the first time this showed up in the human story—and why it still hits home for us.

Transition: Let's take a look at what Adam and Eve did when they were caught in the middle of their mistake.

DISCUSSION

Read Genesis 3:8–13

AWAKENING

1. What stood out to you in this passage?
2. How do Adam and Eve each react when God calls them out? What do you notice about their language? *They hid from God—physically and emotionally.*
3. Why do you think we feel the need to explain, blame, or hide when we're caught doing something wrong? - *We fear judgment, rejection, or losing control.*
4. What are some subtle ways we shift blame today (even as adults)? -*Blaming traffic, tone in texts, "bad days," or unclear instructions.*
5. The teaching mentioned blame as "the discharging of discomfort and pain" (Brené Brown). Do you agree? What discomfort do you think we're trying to offload?

RESPONSE (Questions in bold is for digging deeper)

1. Think of a recent moment when you got defensive or blamed someone. What do you think you were trying to protect?
2. **When you were growing up, how did your family or culture handle blame—and how do you think that shaped the way you respond today when you're caught or criticized?**
3. **When was the last time you blamed someone or something—and it actually kept you from growing or healing?**
4. What would it look like to be "personally responsible" instead of hide or blame?
5. How can this group become a space where people don't have to hide their failures?
6. **How might God be inviting you to take responsibility with grace—not guilt—this week?**

Transition: Let's invite God into these places with honesty and openness.

PRAYER

Close by guiding the group through the **Prayer of Examen**—a chance to reflect, confess, and renew:

A W A K E N I N G

- **Replay** – Ask the Holy Spirit to bring to mind a moment when you were tempted to blame or hide.
- **Rejoice** – Thank God for moments of grace, even when we mess up.
- **Repent** – Confess the ways we shift blame or resist taking ownership.
- **Renew** – Ask God for courage to grow and to trust that grace is greater than guilt.

PASSAGES

Genesis 3:8-13

⁸ Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹ But the Lord God called to the man, “Where are you?”

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”

¹² The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.”

¹³ Then the Lord God said to the woman, “What is this you have done?”

The woman said, “The serpent deceived me, and I ate.”