



Adam and Eve: The Blame Game

Use the following questions to help you ponder biblical truth and process how your relationships can benefit:

I. Reflection from Sunday's sermon and video

1. Given that we are all products of the Fall, shame and blame are culprits for us all. In what areas do you allow shame to affect your thinking? Your behaviour? Your relationships? Your walk with God?

2. We sometimes disguise our excuses as explanations. What are some areas of your life where you have limited yourself because of an "excuse" that you have given?

"My family didn't really teach me that"

"That's just the way I'm wired"

"I'm too old for that"

"The reason I respond that way is because I'm an (introvert/extrovert/Chinese/Westernner/Gen X/Millennial/ etc.)"

3. We are all prone to self-deception. How can a close community help each other see themselves as they really are? How can honest feedback be received in a way that brings about change?

II. Go Deeper

1. What are the negative influences on you as a child that have formed some of your behaviours as an adult? How would your life change if this pattern was simply stopped? What thought patterns in your life are negatively impacted by your upbringing?

2. Excuses bring temporary relief but long-term pain. How have you seen this to be true in your life, or in the lives of others?