

Genesis 2:25-3:21 / Relational Health, Facing the Fears that Ruin Relationships | One place we all need transformation is in our relational health. One of the largest obstacles to healthy relationships is fear and shame. This is exactly the case in the book of Genesis. In the third chapter we see that the relationships between Adam, Eve and God became ruined. The reason these relationships were ruined was because of fear and shame. God through Jesus wants to heal our fears and cover our shame so that we can have healthy relationships. Fear and shame pushes people out. Love and graces pulls people in.

Guilt is feeling bad about **w** _____ **you have done**. Shame is feeling bad about **w** _____ **you are**.

Guilt says to others **I am s** _____. Shame says to others **s** _____ **a** _____.

Unhealthy shame leads to **f** _____ and **f** _____ leads to **r** _____ **r** _____.

F _____ and **S** _____ **p** _____ people out. God's **I** _____ and **g** _____ **pulls** people in.

Fear and shame causes us to **C** _____ **Up**

We fear showing our true selves because we fear **being e** _____.

One of the ways we cover up is to **b** _____ **others**.

Fear and shame causes us to **H** _____ **Out**

The opposite is addiction is not **s** _____. The opposite of addiction is **c** _____.

The key to relation health with **o** _____ is to have relational health with **G** _____.

God **c** _____ the shame of Adam and Eve through **s** _____.

Through Jesus we no longer need to **c** _____ **up** or **h** _____ **out**. We can just **be r** _____.

We can pull people in through 2 applications:

- 1) **Be Real with God**
- 2) **Be Real with others**