



## **Part Three: The Blame Shame Game // Carey Nieuwhof //** **September 27, 2020**

When Adam and Eve sinned, the accusations flew and no one took responsibility. Not only did the blame start, but so did the shame. For the first time, Adam and Eve realized they were naked. And they were ashamed. That sounds like a lot of relationships. Mercifully, God clothed them, and later Jesus clothed all of us with his grace and a call into a new way of life.

**Scripture:** [Genesis 3:1-13 NLT](#) / [Colossians 3:12-17 NLT](#)

**Bottom Line:** Next time you're ready to blame, remember Jesus covers your shame.

### **Getting Started:**

1. Talk about a time when you (rightly or wrongly) got blamed for something as a kid. How did that make you feel?
2. Why do you think it's so easy to blame others?

### **Jumping In:**

3. Read through Genesis 3:1-13. How do blame and shame show up in the Garden of Eden?
4. In what ways is the dynamic in your relationships similar to the dynamic you see in Adam and Eve's?

### **Discuss:**

5. "Covering" is such a part of life, from the "cover-ups" you see in the news to wearing clothing or make-up that hides what we don't want other people to see. Why do we cover-up?
6. Most of us want to be fully loved but believe that to get that, we can't be fully known. Others want to be fully known but assume that means they won't be fully loved. The gospel is that Jesus fully knows us and fully loves us. How does that take away our shame?

7. Paul invites us to put on new clothing in Colossians 3:12-17. How is this clothing different from the coverings that hide us?
8. *Next time you're ready to blame, remember Jesus covers your shame.* How could that truth change the dynamic in your relationships and life? How will you be different in knowing your shame is covered?

**Moving Forward:**

This week, every time you're tempted to blame someone, stop and ask yourself if you're acting out of shame or a desire to avoid responsibility. Remember that Jesus covered your shame, and read through Paul's words in Colossians 3.

Yes, this will take some time. But that's the point! After a month or two of doing this, you should have a very different response when you feel like shaming someone. You'll act in love instead, knowing your shame is covered.

**Changing Your Mind:**

*"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." Colossians 3:12 NLT*