

LIVE FREE! | Genesis 3:1-10

In this study, we will look at how Jesus sets us free from fear—specifically the fear that entered humanity in Genesis 3—and restores us to confident, upright fellowship with God. We will trace the progression from sin to shame to pride to fear to hiding, and then show how Christ reverses that progression through cleansing, forgiveness, and restored relationship. Let's see what God's Word has to say!

Read Genesis 3:1-10

1 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" 2 The woman said to the serpent, "We may eat fruit from the trees in the garden, 3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" 4 "You will not certainly die," the serpent said to the woman. 5 "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." 6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. 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."

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."
—2 Timothy 1:7

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
—1 John 4:18

Bible Refs: [John 8:31-36](#); [Genesis 3:1-10](#); [1 John 1:8-10](#); [Ephesians 2:8-9](#); [2 Corinthians 6:16](#); [2 Corinthians 4:2](#); [2 Timothy 1:7](#); [1 John 4:18](#) [[SPANISH](#)]

Questions for Reflection

1. What speaks to you the most? What words stand out to you? Is there a key verse?
2. What changed between Genesis 2:25 and Genesis 3:7? Consider the shift from innocence to shame. Where do you see the awareness of sin showing up in your own life? Identify moments of conviction. Why is acknowledging truth essential for freedom? Reflect on how lies keep us bound.
3. What "fig leaves" do people use today? Consider religion, achievement, possessions, or image. Why is pride such a powerful barrier to repentance? Explore how pride resists

dependence on God. How does grace dismantle pride? Reflect on the gift-nature of salvation.

4. What does hiding from God look like today? Consider avoidance, secrecy, or spiritual withdrawal. How does fear distort our view of God's voice? Reflect on how His presence becomes something we dread. Where is God calling out to you, "Where are you?" Identify areas where fear has created distance. How are 2 Timothy 1:7 and 1 John 4:18 the antidote to fear? Explain.
5. Identify one major takeaway from this lesson. What insight did you gain? Summarize it in one or two sentences.

Summary:

Fear is one of the earliest consequences of sin. In Genesis 3, Adam and Eve move from walking openly with God to hiding among the trees, driven by guilt, shame, pride, and fear. Jesus came to break every chain that keeps us from walking with God—including the fear that makes us hide.

- Freedom in Christ means freedom from sin, shame, guilt, pride, and fear.
- Sin breaks fellowship but Jesus restores it through reconciliation, forgiveness, and cleansing.
- We were made to walk upright—not bowed under the weight of sin, guilt, and shame.
- God calls out "Where are you?" because He desires restored relationship.
- The Spirit gives power, love, and a sound mind as the antidote to fear.

Walking with God requires laying down fear and pride. Jesus cleanses us completely (John 13), restores fellowship (1 John 1:7–9), and advocates for us when we fall (1 John 2:1–2). He breaks the yoke of slavery so we can walk upright—physically and spiritually (Leviticus 26:13)—without fear.

Closing Prayer: Teach us to run to You, not away from You. Give us courage to step out of hiding and into Your light. Let Your Spirit fill us with power, love, and a sound mind. Where fear has taken root, uproot it. Where shame has bent us low, lift our heads. Where pride has made us self-reliant, make us reliant on You. Jesus, Your perfect love drives out all fear. Help us walk upright—confident, forgiven, and free—so that our lives display Your truth and Your glory.

Bible Verses on Fear: [Matthew 8:26](#); [Matthew 10:28, 31](#); [Matthew 6:25](#); [Luke 8:50](#); [Matthew 14:27](#); [Luke 12:32](#); [John 14:1, 27](#); [Matthew 17:7](#); [Romans 8:15](#); [Joshua 1:9](#)
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