

**Hidden**  
**Gravity: Breaking Free From the Weight of Sin**  
May 17, 2026

**Questions for Personal Reflection and Group Discussion**

**1. Read Genesis 3:6-10 and 3:21.**

What happens to Adam and Eve immediately after their disobedience (vs 7)?

What do you think the phrase, ‘... their eyes were opened...’ means and why did they feel shame?

What did they do in response and why?

How does God respond to Adam and Eve? What does He ask and why does He ask it?

What ‘fig leaves’ do you use to hide things from God and others?

**2. Read 2 Corinthians 7:10.**

In what ways is biblical sorrow or shame different from the kind of shame the world inflicts on us?

What does biblical shame call you back to?

**3. Read Romans 8:1 and Revelation 12:10.**

What truth do you find in Romans 8:1 and what does it mean to you?

What does the name ‘accuser’ tell you about the character of the enemy of your soul?

What lies does the accuser tell you about who you are?

What is the difference between conviction and condemnation and how can you be sure you are listening to the right voice?

**4. Read John 8:1-11.**

In what ways do you see toxic shame in this story? How have you experienced this in your own life?

How does Jesus respond to the woman? What did He offer her through His words and actions?

What does this story tell you about how God sees you?

What is hiding costing you? What would it look like to say yes to being known instead?