
DAY 1 • AUGUST 5

What It Means to Be Unashamed

READ: GENESIS 3

⁸And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹But the Lord God called to the man and said to him, "Where are you?" ¹⁰And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."

GENESIS 3:8-10

REFLECT

What is something you don't want others to find out about you? Usually it is something we are ashamed of or embarrassed about. To understand shame, we should begin in the Garden of Eden, where it all started.

The Garden was a paradise where Adam and Eve enjoyed perfect fellowship with God. Here, they were *naked and were not ashamed*, and could worship God freely.

However, because Adam and Eve ate the fruit from the tree of good and evil against God's command, their nakedness became shameful instead of innocent. Instead of confessing their disobedience and taking responsibility for it, they covered themselves up with fig leaves.

We, like Adam and Eve, desire to make a name for ourselves. We tend to cover ourselves with the fig leaves of status, success, intellect, and so on. We continue the default human response to the shame of sin—to cover up. Many times we lie or blame others, trying to avoid punishment for what we did wrong.

In response to our shame and cover-ups, God shows justice, mercy, and grace. He seeks us—*Where are you?*— so we can come clean with the truth. God Himself showed Adam and Eve that their sin had grave consequences, and that sin now separated them from Him. However, with mercy, He replaced their fig leaves with skin, the first shedding of blood and a foreshadowing of Jesus' perfect sacrifice on the cross.

No matter what we do, God still seeks us. It is through His grace that we can stop hiding and recognize the need for the only perfect covering, Jesus Christ. Jesus took our sin upon Himself. In exchange, we *put on Christ* (Galatians 3:27). It is only through Him that we can face God, completely unashamed.

RESPOND

1. What have you used to cover up your shame in the past?
(Achievements, popularity, possessions)
2. Are there still areas in your life that you're ashamed of?
Confess these to God and recognize that you have sinned against Him.
3. List down three things in your life that changed when you realized what Jesus did for you on the cross.

PRAY

1. If there is anything God reveals to you that you need to repent of, humbly ask for His forgiveness. Thank Him for always extending His grace and forgiveness to those who turn to Him.
2. Pray for your family, friends, and classmates who are unable to face God because they have not yet experienced the gospel's power to make them unashamed before Him. Ask God to open their eyes to the reality of sin and the sacrifice of Jesus on the cross.