

Welcome to Digging Deeper

We've launched this weekly blog series designed to help you engage more deeply with Sunday's message. Whether you're new to church or have been following Jesus for decades, these discussion questions are meant to help you reflect, apply, and talk through the truths we explore together each week. You can use them on your own, with your family, or in a group setting.

Let's dig into this week's message:

How to Live a Shame-Free Life

Question: Where Are You?

[Genesis 2:25](#)

Pastor Scott George

January 11, 2026

Introduction

Shame has a quiet way of creeping into our lives. It convinces us to hide, to cover up, and to believe that we are defined by our failures rather than by God's grace. In this week's message, Pastor Scott walked us back to the garden, where God asked a simple but powerful question: "Where are you?" Not because God didn't know—but because He wanted Adam (and us) to face where shame had taken us. These questions are designed to help you reflect honestly, apply truth personally, and step more fully into the freedom God offers.

Reflecting on the Passage

- In [Genesis 2:25](#), Adam and Eve felt no shame. What changed by [Genesis 3:8–9](#), and how does that shift help define what shame does to us?
- Why do you think Adam and Eve chose to hide from God instead of running toward Him after they sinned?
- What stands out to you about God asking, "Where are you?" instead of immediately confronting their failure?

Personal Application

- Where do you notice shame most often showing up in your own life (your thoughts, relationships, or spiritual habits)?
- Which of the seven steps toward a shame-free life feels most challenging right now? Why?
- What self-made defenses (hiding, blaming, over-performing, withdrawing) might God be inviting you to tear down?

Exploring Faith

- J. Kevin Butcher says shame keeps us from truly personalizing God's love. How have you seen that play out in your faith journey?
- Brené Brown notes that shame convinces us we are incapable of change. How does that idea clash with the truth of the gospel?
- Boyd Bailey writes that shame loses its power when it is revealed and rejected. What role do honesty and truth play in spiritual freedom?

Community Impact

- How might living a shame-free life change the way you show up in relationships at church or at home?
- What would it look like for our church to be a place where people don't feel the need to hide?
- How could your willingness to confront shame help someone else experience freedom in Christ?

Closing Thoughts

The story of Scripture doesn't end with hiding; it ends with covering. God clothes His people not with fig leaves, but with grace, truth, and righteousness. When we choose to confront shame, uncover its lies, and run toward God instead of away from Him, we discover what was true all along: we are fully known, fully loved, and fully covered in Christ.

We hope these questions lead you into deeper conversations with God and with others. Join us again next week for more ways to dig deeper into God's Word and grow in faith together.

Grace and peace,

The Belle Isle Community Church Team