

**Up Your Spirit Game  
Part 6**

*So Eve ate some of the fruit. Then she also gave some to her husband, Adam, who was with her, and he ate it. Immediately, their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover up themselves. Then they heard the Lord walking in the garden in the cool of the day, and they hid from God among the trees. But God called out to Adam, 'Where are you?' Adam replied, 'I heard you coming and I was afraid because I was naked; so I hid.' Then God asked, 'Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?' Adam said, 'You gave me this woman and she gave me the fruit, so I ate it.' Then God said to Eve, 'Why did you do this?' Eve replied, 'The serpent deceived me, and I ate it.'* **Genesis 3:6-13**

**3 FEARS THAT RUIN RELATIONSHIPS**

**FEAR OF** \_\_\_\_\_

*God called Adam, 'Why are you hiding?' And Adam said, "I was afraid because I was naked and so I hid.'* **Genesis 3:9-10**

God doesn't want you to fake it  
God wants you to face it

**RESULTS OF THIS FEAR**

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*They suddenly felt shame at their nakedness.* **Genesis 3:7**

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*So they sewed fig leaves together to cover up themselves.* **Genesis 3:7**

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*Then they hid from God among the trees.* **Genesis 3:8**

God doesn't expect you to be perfect but He does  
expect you to be honest

**FEAR OF \_\_\_\_\_**

*God asked, 'Did you eat what I told you not to eat?' Adam answered and said, 'You gave me this woman and she gave me the fruit, so I ate it.'* **Genesis 3:12**

*Eve said, 'The serpent deceived me, and I ate it.'* **Genesis 3:13**

**FEAR OF \_\_\_\_\_**

The more out of control you feel the more  
controlling you become

There's only one antidote to these fears. It is  
love. Learn to live in God's love.

*Wherever God's love is, there is no fear.* **1 John 4:18**

*... because God's love drives out all fear.* **1 John 4:18**

### **3 DAILY CHOICES TO LIVE IN GOD'S LOVE**

**DAILY CHOOSE TO \_\_\_\_\_**

*Surrender your heart to God, turn to him in prayer, and give up your sins - even those you do in secret. Then you won't be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. Then you'll rest safe and secure, filled with hope and emptied of worry.* **Job 11:13-18**

**DAILY CHOOSE TO \_\_\_\_\_**

Everyday I remember that God loves me. If you pause to remember that God loves you, you'll be able to better love other people. Listen ...

If you don't feel loved  
You're not going to be loving

### **WHAT GOD THINKS ABOUT YOU**

**I'm completely \_\_\_\_\_**

*Jesus made us acceptable to God.* **Titus 3:7**

**I'm unconditionally** \_\_\_\_\_

*My love for you will never end says the Lord. **Isaiah 54:10***

**I'm totally** \_\_\_\_\_

*There is NO condemnation for those in Christ Jesus. **Romans 8:1***

**I'm considered extremely** \_\_\_\_\_

*You've been bought with a price and paid for by Christ's death. **1 Corinthians 6:20***

**DAILY CHOOSE TO** \_\_\_\_\_

*Jesus said, 'I am giving you a new commandment to love each other. Love each other in the same way that I have loved you. **John 13:34***