${ }^{16}$ And the Lord God commanded the man, "You are free to eat from any tree in the garden; ${ }^{17}$ but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

Genesis 2
The woman said, "The serpent deceived me, and I ate."
Genesis 3:13
${ }^{10} \mathrm{He}$ answered, "I heard you in the garden, and I was AFRAID because I was naked; so I hid." Genesis 3:10

I define shame as the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging - something we've experienced, done, or failed to do makes us unworthy of connection.

Brené Brown
${ }^{2}$ fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2
${ }^{7}$ So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir. Galatians 4:7
${ }^{18}$ There is no fear in love. But perfect love drives out fear,
1 John 4:18

