

Family Discipleship Resource

September 29-August 5
(Genesis 3.14-21)



G – Gather for Prayer

Father,

Thank you for your discipline and correction. Help me to welcome what you use in my life to restore my brokenness and grow me more into who you created me to be.

In Jesus' Name, Amen

R – Read the Text (Genesis 3:14-21)

*14 The Lord God said to the serpent,
"Because you have done this,
Cursed are you more than all cattle,
And more than every beast of the field;
On your belly you will go,
And dust you will eat
All the days of your life;*

*15 And I will put enmity
Between you and the woman,
And between your seed and her seed;
He shall bruise you on the head,
And you shall bruise him on the heel."*

*16 To the woman He said,
"I will greatly multiply
Your pain in childbirth,
In pain you will bring forth children;
Yet your desire will be for your husband,
And he will rule over you."*

*17 Then to Adam He said, "Because you have listened to the voice of your wife, and have eaten from the tree about which I commanded you, saying, 'You shall not eat from it';
Cursed is the ground because of you;
In toil you will eat of it
All the days of your life.*

*18 "Both thorns and thistles it shall grow for you;
And you will eat the plants of the field;*

*19 By the sweat of your face
You will eat bread,
Till you return to the ground,
Because from it you were taken;
For you are dust,
And to dust you shall return."*

20 Now the man called his wife's name Eve, because she was the mother of all the living. 21 The Lord God made garments of skin for Adam and his wife, and clothed them.

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O – Observe what God has said

How are each of the characters cursed in this passage?

What blessings does God promise/issue to this first couple?

W – Work on Application

The principle of this passage for both its original audience and for us today is simple: though God is holy and just to punish sin (see the curses), He is gracious and loving to provide what is needed for life (see the blessings). This would have proven to be a great encouragement for those wandering in the wilderness—experiencing first-hand the implications of their own disobedience. Though they were feeling the heavy weight of God’s discipline, they could take heart in knowing that God was gracious to provide for their need as He led them to the Promised Land. This same idea also proves to be a great encouragement for believers who remain in this fallen world today. Even as God lists the consequences of sin, He cannot help but also reveal the final victory that will one day come—when sin will be vanquished, the enemy will be destroyed, and all things will be made new! Take heart! The only thing bigger than the curse of God is His promise of blessing for His own!

What do we need to remember when we fall into sin?

How can we help remind each other of the grace God has provided us

Family Weekly Memory Verse: “...the Lord disciplines the one He loves, and He chastens everyone He accepts as His son.” -Hebrews 12:6