



Intro

We often answer the question of “Why do bad things happen?” with “We live in a fallen world.” This is true, but what does it mean? And even more personally, why do bad things hurt? Perhaps, while we are under a national cloud of tragedy with the mass shooting at Marjory Stoneman Douglas High School in Parkland, Fla, you might find this exercise helpful for you and your students. While this is a personal exercise, you can easily use it in a small-group setting or simply share it with your students for their personal study.

Materials

Along with this document you’ll need a Bible or Bible app.

Digging In

Genesis 3:7-23 chronicles a cascade of consequences following Adam and Eve’s disobedience in the Garden. Each consequence represents a loss of some kind. As you look verse by verse at the consequences below, write in the column labelled “Loss Of...” what mankind lost as a result of each consequence. You’ll see a couple examples to get you started. We’ll get to the “Pain and Hurt” column in a minute.

Verses	Action/Consequence	Loss Of ...	Pain and Hurt
3:7	⁷ Then the eyes of both were opened, and they knew that they were naked.	<i>Innocence</i>	-shame -guilt -lust -diverting sexual energy -all the fears of pre-marital sex
3:7	And they sewed fig leaves together and made themselves loincloths.	<i>Protection</i>	-we now need to provide our own protection: safety and security -Maslow’s hierarchy of needs: when the base needs aren’t met, we don’t achieve other needs
3:8	and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden		
3:10	I was afraid, because I was naked, and I hid myself.”		
3:12	“The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.		
3:15	And I will put enmity between you and the woman, and between your offspring and hers;		

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Verses	Action/Consequence	Loss Of ...	Pain and Hurt
3:15	he will crush your head, and you will strike his heel.”		
3:16	To the woman he said, “I will make your pains in childbearing very severe; with painful labor you will give birth to children.		
3:16	Your desire will be for your husband, and he will rule over you.”		
3:17	¹⁷ To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’		
3:17	“Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.		
3:17	It will produce thorns and thistles for you, and you will eat the plants of the field.		
3:19	By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”		
3:22	And the LORD God said, “The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever.”		
3:23	So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken.		

Taking It Inward

Now take one more pass with the consequences and losses. Ponder each consequence/loss and write a note for each loss in the far-right column, explaining how it might translate into hurt and pain that we feel today. Granted, this is a fairly involved exercise. But when you finish, you’ll see how much of today’s pain and hurt can be directly attributed to all that was lost in that fateful Garden episode.

Putting Into Practice

Finally, spend some time absorbing Romans 8:18-39. This passage represents all the good things God has given us to thrive in our fallen world, good things that take the sting out of the hurt we experience from evil.