



RCCG OCEANIA

Character & Holiness

GENESIS 3: TEMPTATION, CHOICE, AND TRUST

AT A GLANCE

BIG IDEA

The Bible opens with a story of a voice that questions God's word and a choice that changes everything (Genesis 3). Yet Scripture also paints a clear contrast between two ways to live: the rooted path of the righteous and the drifting path of the wicked (Psalm 1). The way forward is not self-exaltation, but humble, quiet trust in God (Psalm 131).

PRIMARY PASSAGES

Genesis 3:1-24

Psalm 1:1-6

Psalm 131:1-3

KEY TAKEAWAYS

- Temptation often begins by questioning or twisting what God said (Genesis 3:1-5).
- Disobedience brings guilt, hiding, blame-shifting, and real consequences (Genesis 3:7-19).
- God still speaks, searches, and confronts the human heart ("Where are you?") (Genesis 3:8-13).
- Psalm 1 presents two paths—rooted fruitfulness versus chaff-like instability—shaped by what we listen to and delight in (Psalm 1:1-4).
- Psalm 131 models the posture that resists pride and anxiety: humility and settled trust in God (Psalm 131:1-3).

INTRODUCTION

Temptation rarely arrives announcing itself. It often comes as a subtle reframing of reality: a suggestion that God's word is unclear, restrictive, or untrustworthy. Genesis 3 exposes the anatomy of temptation and the painful fruit of disobedience—shame, hiding, fear, and relational fracture. Psalm 1 then widens the lens to show that daily choices form a path, either toward rooted stability or toward weightless drifting. Psalm 131 provides a practical heart posture that resists the pull of pride and restless control: humility and quiet trust in God.

SCRIPTURE READING

- **Genesis 3:1-6** — Shows the progression of deception, desire, and the act of disobedience as God's word is questioned and the forbidden becomes attractive.
- **Genesis 3:7-13** — Reveals the immediate inner fallout—shame, hiding, fear, and blame—while God personally addresses the human heart.
- **Genesis 3:14-19** — Highlights that sin has real consequences that touch relationships, work, and life, showing the seriousness of disobedience.
- **Genesis 3:20-24** — Concludes the chapter's seriousness and the changed conditions of life after the fall, showing lasting disruption and separation.
- **Psalm 1:1-3** — Describes the lifestyle and stability of the righteous person shaped by rejecting corrupt counsel and delighting in God's instruction.

SCRIPTURE READING (CONT.)

- **Psalm 1:4-6** — Contrasts the wicked path as weightless and ultimately unable to stand, emphasizing two distinct outcomes.
- **Psalm 131:1-3** — Teaches a practical heart posture—humble, quiet, and hopeful trust in the Lord—rejecting pride and restless striving.

KEY POINTS

1. THE VOICE THAT QUESTIONS GOD — Genesis 3 begins with temptation aimed at God's word. The question "Did God actually say...?" introduces doubt not only about the command but about God's character—implying God is withholding good or speaking unfairly. The strategy is subtle: God's instruction is reframed, then distorted, and finally replaced with an alternative story about what is wise, good, and desirable. Before disobedience becomes an action, it becomes a shift in trust. A key lesson is that temptation often targets the foundation: confidence in what God has said. When God's word is treated as negotiable, the heart becomes vulnerable to self-justifying choices.

- Name the first "questioning voice" when it appears: identify how it reframes God's word or God's goodness.
- Practice repeating what God has said (accurately), especially where temptation tries to exaggerate, minimize, or twist it.
- Ask: "What is this temptation suggesting about God's character—can I trust Him?"
- Limit inputs that normalize distrust, mock obedience, or redefine good and evil according to desire.

Scripture: Genesis 3:1-5

KEY POINTS (CONT.)

2. THE CHOICE AND ITS IMMEDIATE FRUIT — Genesis 3 shows the movement from desire to disobedience. The forbidden is seen as attractive, the choice is made, and the result is immediate inner change—shame and exposure rather than freedom. The human response is not open return but hiding: fear, avoidance, and cover-up. Then comes blame-shifting—attempts to manage guilt by transferring responsibility. Sin appears here as more than a broken rule; it is a fractured relationship with God that quickly spills into fractured relationships with others. Disobedience produces distortion: of self (shame), of God (fear), and of others (blame).

- When failure happens, resist hiding—bring the truth into the light by honest confession before God.
- Refuse blame-shifting: take responsibility for choices instead of defending them or accusing others.
- Pay attention to shame and fear as warning lights that something has shifted in trust and obedience.
- Practice immediate, simple honesty with God when conscience is stirred: “This is what I did; this is what I feared; this is where I hid.”

Scripture: Genesis 3:6-13

3. CONSEQUENCES ARE REAL — Genesis 3 portrays consequences as more than feelings; they reshape life. The fallout touches relationships, human labor, and the experience of hardship and loss. Scripture’s realism protects against treating temptation lightly. The chapter also shows that sin alters the conditions of human life in enduring ways. The seriousness of the ending underscores that disobedience is not a small private matter; it carries weight beyond the moment. This does not invite despair but sobriety. Temptation promises gain, but Genesis 3 reveals the true cost. Wisdom learns to measure choices by their fruit, not their immediate appeal.

- Before acting on a temptation, pause to ask: “What consequences could this produce in my relationships, work, and worship?”
- Treat small compromises seriously; patterns form paths, and paths shape a life.
- Where consequences are already present, choose responsibility and repentance rather than denial.
- Let the reality of consequences deepen gratitude for God’s truthful warnings and strengthen resolve toward obedience.

Scripture: Genesis 3:14-19

Genesis 3:20-24

KEY POINTS (CONT.)

4. TWO PATHS TO WALK — Psalm 1 frames life as two paths, not many. One path is shaped by rejecting ungodly counsel and delighting in God's instruction; the other is shaped by influences that normalize rebellion and emptiness. The righteous person is pictured as rooted and nourished—stable, fruitful, and resilient. The wicked are pictured as chaff—light, unstable, and driven by forces outside themselves. This contrast highlights how formation happens: what is listened to, lingered with, and loved. Over time, counsel becomes conduct, and conduct becomes a path.

- Audit your regular influences: counsel, conversations, and habits—what path are they forming?
- Choose a daily rhythm of delight in God's instruction, not merely occasional exposure.
- Replace patterns that pull toward mockery or cynicism with practices that cultivate rootedness and stability.
- Measure progress by fruit and endurance, not by quick feelings or temporary intensity.

Scripture: [Psalm 1:1-4](#) [Psalm 1:5-6](#)

5. THE ANTIDOTE: HUMBLE, QUIET TRUST — Psalm 131 gives words for resisting pride and restless striving. The posture is humility: refusing self-exaltation and releasing the need to control what is too great to manage. This humility leads to a calmed soul—quieted like a weaned child with its mother. The image is not passivity but settled security: a heart no longer driven by frantic grasping. Where Genesis 3 shows self-directed reaching, Psalm 131 models trust: hoping in the Lord. Humility does not deny desire; it reorders desire under God, choosing dependence over independence.

- Practice humility by naming limits: release what you cannot control and entrust it to God.
- When anxiety rises, use Psalm 131's posture: quiet your soul through deliberate stillness and prayerful surrender.
- Reject comparisons and self-promotion; choose hidden faithfulness that nurtures a settled heart.
- Make "hope in the Lord" a repeated decision—especially when temptation offers control, status, or quick relief.

Scripture: [Psalm 131:1-3](#)

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- In Genesis 3:1-5, what tactics are used to introduce doubt about God's word and God's character?
- In Genesis 3:7-13, what immediate reactions follow disobedience (internally and relationally)? List them.
- In Genesis 3:14-19, what areas of human life are affected by the consequences described?
- In Psalm 1:1-3, what repeated actions describe the righteous person's relationship to counsel and to God's instruction?
- In Psalm 131:1-3, what phrases describe humility and trust, and what images are used to communicate a calmed soul?

INTERPRETATION

- Why is questioning God's word (Genesis 3) such a powerful entry point for temptation compared to tempting behavior directly?
- What does hiding from God (Genesis 3:8-10) reveal about shame, fear, and a changed view of God?
- How do Psalm 1's images (tree and chaff) interpret the long-term results of the two paths?
- How does Psalm 131 define humility in a practical way (not merely a feeling), and how does it address anxious striving?
- How do Genesis 3, Psalm 1, and Psalm 131 together connect trust in God with obedience and stability?

APPLICATION

- Where do you most often experience temptation to distrust God's word or reinterpret it to fit your desires? What would it look like to respond differently?
- What is your most common pattern after disobedience: hiding, fear, excuses, or blame? What step of honest return could be taken immediately?
- What counsel (voices, habits, inputs) most shapes your direction day by day—toward rootedness or toward drifting? What needs to change?
- What would "delight in God's instruction" (Psalm 1) look like in a realistic weekly rhythm?
- Where is pride or restless striving showing up right now, and how could Psalm 131's posture of humility and quiet trust be practiced concretely?

PRAYER FOCUS

- Ask God to expose where you have questioned His word and to restore trusting obedience.
- Confess patterns of hiding, fear, or blame and receive grace to walk in the light.
- Pray for delight in God's instruction and strength to reject counsel that leads to drifting.
- Request a humbled, quieted heart that hopes in the Lord instead of grasping for control.

NEXT STEP

Read Genesis 3, Psalm 1, and Psalm 131, then identify one recurring temptation and practice responding with God's word, honest confession, and a deliberate act of humble trust.

CONCLUSION

Genesis 3 reveals that temptation aims first at trust—at whether God's word is believed and whether God is seen as good. Disobedience then produces shame, hiding, and brokenness, with consequences that reach into ordinary life. Psalm 1 calls for a deliberate choice of path: rooted righteousness formed by delight in God's instruction rather than drifting instability shaped by corrupt counsel. Psalm 131 provides a sustaining posture for the journey—humility and quiet trust in God—so the heart is not driven by pride, anxiety, or self-directed grasping.