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WEEK 8 | The Love Life

PRAYER

Our loving Father, thank you for teaching us how to love one another in the way you love us, despite our flaws and failures. Help us to have grace towards one another in the same way that you have given grace to us! We love you Jesus, Amen.

WARM UP (OPTIONAL)

What is the best piece of advice that you have ever received? Why is it the best?

NOTES

WORD

¹⁵ The Lord God took the man and put him in the garden of Eden to work it and keep it. ¹⁶ And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

¹⁸ Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." ¹⁹ Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. ²⁰ The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. ²¹ So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh.

²² And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. ²³ Then the man said,

"This at last is bone of my bones
and flesh of my flesh;
she shall be called Woman,
because she was taken out of Man."

²⁴ Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

GENESIS 2:15-24

Tim Keller once said: "Adam wasn't lonely because he was imperfect, but because he was perfect. The ache for friends is not the result of sin." There is a difference between Adam being lonely and being alone. Alone is the status of being apart from others, whereas loneliness is defined in the Oxford dictionary as 'a feeling of being unhappy because you have no friends or people to talk to.' Adam is seen in not a good state being ALONE, as there is much to fulfil in God's purposes and plans that can not be fulfilled by himself."

In much the same way, we, as humanity, can not exist or walk in the fullness of God's goodness being on our own. We need to walk in relationship with others to experience all that he has for us.

The fact that Eve was formed from Adam's rib is significant: The rib is on the side of a man, signifying how they are to walk side by side. The rib is a part of him, and of the same substance, showing that they are one. The rib has amazing regenerative powers as well, showing that healing is accelerated when they walk as one. The rib is protective of the heart, signifying that they would help to protect one another's hearts as they journey in life together in Christ.

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10, how would you rate your ability to walk in close relationship with others? Why have you rated yourself this way?
2. Are you energised more when you are alone or with others? How do you draw energy from these situations?
3. Do you like to be alone? Why or why not?
4. What is the closest relationship you have, and how does this relationship help you grow in God?
5. In verse 24, we read about the context of marriage where a man leaves his father and mother and holds fast to his wife, becoming one flesh. What do you think can happen if there is no clarity in the leaving (parents) and holding fast (to the spouse)?
6. How is your relationship with God? If you do not have one, would you like to have one? Ask your Life Group leader to lead you in prayer to receive Christ.