

MELTDOWN

YOU'RE NOT THE ONLY ONE FREAKING OUT

6.23.24 • Craig Rees & Ethan Horton • The Day Everything Melted

Big Idea

In our meltdowns, we see our weakness, but also the necessity of God's grace and His power to save.

Key Verses

Gen. 3:1-21; Psa. 34:4-5;
Jer. 17:9; 31:33; Ezek.
36:26-27; Rom 3:32; 5:12;
2 Cor. 5:21; 1 Pet. 2:24.

Discussion Questions

Definition: A meltdown is a moment or series of moments that leads us to an emotional breaking point, reflecting our struggle to cope with life's pressures and our own brokenness, showing us the need for God's grace.

1. Reflect on the definition of a meltdown. How does this definition resonate with your own experiences of emotional breakdowns?
2. Discuss how public meltdowns differ from private ones. How does the context (public vs. private) affect the impact and consequences of a meltdown?
3. Read Genesis 3:1-6. Can you think of a recent situation where you experienced a meltdown due to giving in to your desires or temptation? What deceptive thoughts or desires made the temptation appealing, leading to your emotional breaking point? How did you respond, and what could you do differently to avoid such meltdowns in the future?
4. Read Genesis 3:7-10. How did Adam and Eve's perception of themselves change after their disobedience? How do guilt and shame affect your relationship with God and others?

5. Consider a time you felt guilt and shame. How did it impact your actions and relationships? What steps can you take to seek God's forgiveness and healing in such situations?
6. Read Genesis 3:11-13. Think of a recent conflict or mistake where you were tempted to shift the blame. How can accepting responsibility lead to better outcomes? What does taking responsibility look like in a practical sense?
7. Reflect on Genesis 3:8-24. How does God's approach to Adam and Eve after their meltdown demonstrate both His mercy and justice? What does God's act of covering them with animal skins and putting them out of the garden teach us about His character and the balance between consequences and grace after a meltdown?
8. Read Genesis 3:15 and 21. How does God providing garments of skin for Adam and Eve demonstrate His provision and mercy? How does this act foreshadow the ultimate covering of our sins through Jesus Christ?
9. Read 1 John 1:9. How does understanding the connection between God's provision for Adam and Eve in Genesis 3:21 and the ultimate sacrifice of Jesus Christ deepen your appreciation for Christ's sacrifice and God's ongoing provision in your life?

Notes
