

THE JOURNEY

Basic Discipleship

03
REVEALED

STEP THREE

THE FALL



HOW TO USE THIS GUIDE

We are so glad you're here! As you step into this journey of discipleship, know that you are entering a path designed to deepen your relationship with God and build a firm biblical foundation. This material is meant to guide you, no matter where you are on your faith journey. The tools and lessons you'll find here are adaptable to many settings—whether you're meeting one-on-one, gathering with a small group, or sharing in a larger community. It can be simplified to nurture the hearts of youth and children or enriched to challenge and inspire mature believers to grow even further.

Discipleship is a journey, not a race.

Our prayer is that this journey will help you engage with Scripture, build meaningful relationships, and discover how God is working in and through your life. Let's take this next step together with faith and intentionality as we grow closer to Him. Trust the process of growth and transformation that occurs over time as you walk with God.



03 THE FALL

I. PERFECT PEACE

The Bible says God created a real, historical man named Adam and a real, historical woman named Eve. They lived in perfect peace, free from shame, fear, or conflict. God provided for all their needs, and their relationships with each other and with God were defined by harmony and trust.

Before the entrance of sin in the world (the fall), human death wasn't yet part of the picture because sin was still absent. Adam and Eve were given meaningful work in the Garden, but it was free from toil, frustration, or hardship. Their union became the foundation for marriage when God declared that the two shall become one flesh. That declaration established a covenant relationship built on companionship, partnership, and fruitfulness in family. Together, these passages paint a picture of life as God intended.



GENESIS 2:15 | “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”

GENESIS 2:24 | “That is why a man leaves his father and mother and is united to his wife, and they become one flesh.”

*Additional
Scripture
References*

GENESIS 1-2
PARTICULARLY:
GENESIS 1:27

GENESIS 3:1
GENESIS 2:7
GENESIS 25

QUESTIONS FOR REFLECTION

1. What would work look like in your life if it were free from toil and frustration?
2. What would marriage/relationships look like today if they were still as described before Genesis 3?

II. THE GIFT OF CHOICE

One aspect of being made in God’s image is the gift of free will. This means that God chose to create humans with the genuine ability to choose between sin and obedience. This demonstrates how God voluntarily limits Himself by allowing human choice rather than directly controlling our decisions. A fundamental part of the overarching narrative of the Bible is that God created us with the ability to make our own choices—even when we choose against Him.

GENESIS 2:15-16 | “And the Lord God commanded the man, ‘You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.’”

JOSHUA 24:15 | “But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve... But as for me and my household, we will serve the Lord.”

*Additional
Scripture
References*

DEUTERONOMY 30:19 **GALATIANS 5:13**
ISAIAH 1:18-20 **REVELATION 3:20**
ROMANS 1:20-21

QUESTIONS FOR REFLECTION

1. How mind-blowing is it that we authentically choose, yet God already knows the outcome in advance?
2. In what areas of your life are you currently wrestling with choosing obedience to God over your own way?



III. WHY FREEDOM?

We are not told outright in the Bible why God gave us free will. However, when you step back and look at the arc of Scripture, from beginning to end, a picture starts to emerge. It seems that God wanted part of His creation to have the real, meaningful ability to choose whether or not to love, worship, and glorify Him.

The Bible never indicates that forced love is the kind of relationship God is after.

That idea is echoed in what Jesus called the Greatest Commandment: “Love the Lord your God with all your heart, and with all your soul, and with all your mind.” This commandment illustrates why free will matters so much: God desires our genuine, uncoerced love. If that’s what God desires most from us, then that kind of love—freely given, not coerced—must matter deeply to Him. Granting humanity that kind of freedom came at a great cost. But somehow, for the sake of real love, it seems that was a risk God was willing to take.

MATTHEW 22:37-38 | *“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.’”*

JOHN 4:23 | *“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.”*

*Additional
Scripture
References*

PSALM 54:6
ISAIAH 29:13
1 CORINTHIANS 13:1-3
2 CORINTHIANS 9:7

QUESTIONS FOR REFLECTION

1. Why are worship and love meaningless without choice?
2. How does it impact you to know that God risked rebellion to have a real relationship with you?

IV. THE CHOICE THAT BROKE US

God gave Adam one clear boundary: not to eat from the tree of the knowledge of good and evil. The tree served as a moral test and an opportunity to choose freely between obedience and rebellion. Genesis 3 shows the serpent (Satan, also called the devil) distorting God's Word, then directly contradicting and maligning Him. This is a pattern that continues today and demands our attention.

Adam shamefully blamed Eve when God called him to account for his disobedience. Adam was present with Eve during the act of eating the fruit and bore full responsibility to uphold God's command. Likewise, the woman blamed the serpent, but her excuse was just as weak and insufficient. This, too, is a pattern to observe: we often hide our sin, then shift the blame. This pattern hinders true forgiveness and healing with God.

GENESIS 2:16-17 | *"And the Lord God commanded the man, 'You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.'"*

GENESIS 3:6 | *"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."*

*Additional
Scripture
References*

GENESIS 2:9; 3:1-13

PROVERBS 28:13

JAMES 1:13-15

QUESTIONS FOR REFLECTION

1. What does the eagerness of angels to redirect worship to God teach us about their humility and purpose?
2. In what practical ways can you keep your heart and attention centered on God and His Word when spiritual curiosity pulls you elsewhere?

V. THE FRACTURED FELLOWSHIP

As a result of Adam and Eve's disobedience, God declared a number of serious consequences, collectively known as the curse. The curse affected not just Adam and Eve, but all of creation. Indeed, we're still experiencing its effects today. Because of this rebellion, the perfection and harmony of creation were shattered and could no longer be called 'very good.'

Even more devastating than the damage to creation itself was the rupture in humanity's relationship with God. Humans were now in a state of sin, which, by definition, separated them from the intimate fellowship they had shared in the Garden. God still loved His creation, but the relationship was changed until it would be permanently restored.

God also declared that Eve and her offspring would wage ongoing conflict against the serpent, his demons, and the allied powers of sin and death. Even then, God hinted at a future hope: a descendant who would ultimately defeat the serpent, foreshadowing—for the first time—the coming Christ.

ISAIAH 59:2 | *"But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear."*

GENESIS 3:15 | *"And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."*

*Additional
Scripture
References*

GENESIS 6:5
COLOSSIANS 1:21-22
1 JOHN 3:8

QUESTIONS FOR REFLECTION

1. Why do you think God didn't walk away from us after the Fall, but instead gave a glimpse of hope?
2. How has our sin against God changed the way we see Him... and vice-versa?



VI. BROKEN PEOPLE, BROKEN BONDS

Not only did sin change our relationship with God, but it complicated our relationship with one another. Specifically, sin—and the resulting curse—shattered the harmony between husband and wife, introducing conflict, power struggles, and domination.

Afterward, Adam and Eve desired clothing, symbolizing the loss of their once-innocent and perfectly trusting relationship. Adam and Eve’s rebellion opened the door to bitterness, jealousy, envy, deception, mistrust, strife, and all kinds of human conflict. In fact, their firstborn went on to murder his brother, a tragic illustration of humanity’s fallen condition.

GENESIS 3:16b | *“Your desire will be for your husband, and he will rule over you.”*

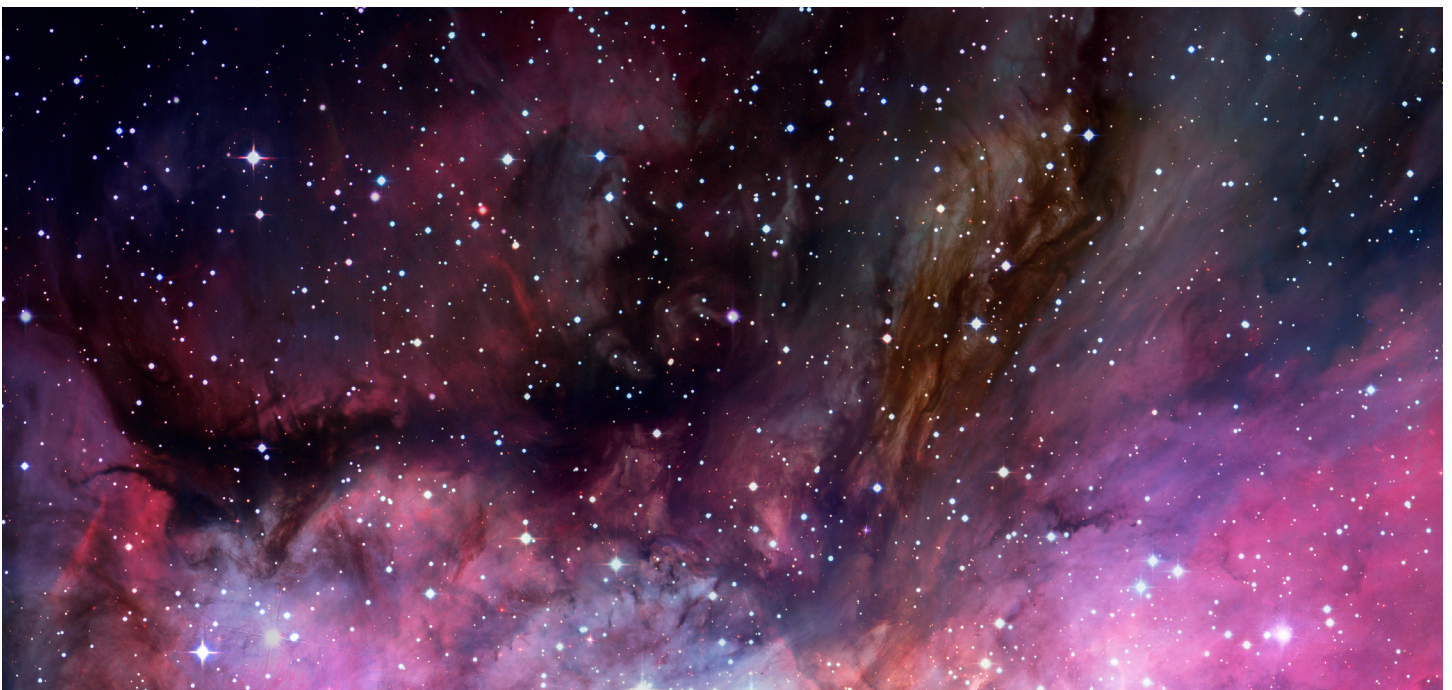
GENESIS 3:21 | *“The Lord God made garments of skin for Adam and his wife and clothed them.”*

*Additional
Scripture
References*

GENESIS 2:25; 4:8
ECCLESIASTES 4:1
GALATIANS 5:19-21
JAMES 4:1-2

QUESTIONS FOR REFLECTION

1. What do Adam and Eve’s first reactions (covering themselves and shifting blame) reveal about how we tend to respond to guilt and failure?
2. In what ways do you personally see the effects of the fall play out in relationships and marriage today?





VII. TOIL AND PAIN

One of the fundamental consequences of sin was that the nature of work itself changed. Although work was part of God's original design, after the curse the ground no longer served humanity but resisted their efforts. What had once been harmonious care-taking now became labor marked by sweat, pain, and toil.

The curse didn't just burden humanity's work; it also affected childbirth. God had already instructed Adam and Eve to "be fruitful and increase in number," making childbirth part of His good design. However, after the Fall, childbirth became a painful and laborious experience.

GENESIS 3:16a | *"To the woman he said, 'I will make your pains in childbearing very severe; with painful labor you will give birth to children.'"*

GENESIS 3:17-19a | *"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,' cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food.'"*

*Additional
Scripture
References*

JOB 5:7

PSALM 90:17

ECCLESIASTES 2:22-23

JOHN 16:21

QUESTIONS FOR REFLECTION

1. How might understanding work as part of God's original good design change your attitude toward it?
2. Does it help to know pain and hardship weren't part of God's original design? Why or why not?

VIII. CREATION GROANS

Human sin not only affected humanity, it also corrupted the entire physical universe. God had linked humans to the rest of His physical creation by putting them in charge (Genesis 1:28-30). Part of the curse was on the ground itself, symbolizing the corruption of the entire material universe. Creation is now 'subjected to frustration' or 'futility,' meaning the physical world is no longer fulfilling its intended purpose of serving humanity.

As a result, the physical universe is now in 'bondage to decay,' meaning it is slowly deteriorating. A scientific reflection of this theological truth is the Second Law of Thermodynamics (entropy). Again, this was not God's original intent. Creation has been 'groaning' as if in unnatural pain, a vivid image that explains natural disasters, disease, and the chaos that was never part of the original creation that God declared 'very good.'

This corruption of the physical universe also continues human death and the deterioration of our bodies. However, even in its brokenness, creation still points us back to our need for redemption and the hope of restoration.

GENESIS 2:17 | *"but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."*

ROMANS 8:19-22 | *"For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time."*

*Additional
Scripture
References*

GENESIS 1:28-30; 2:16-17

PSALM 102:25-26

ISAIAH 24:5-6

QUESTIONS FOR REFLECTION

1. How do natural disasters, disease, and death point to the truth that creation itself is not as it was originally intended to be?
2. How does Romans 8's description of creation "groaning" change the way you view the brokenness you see around you?

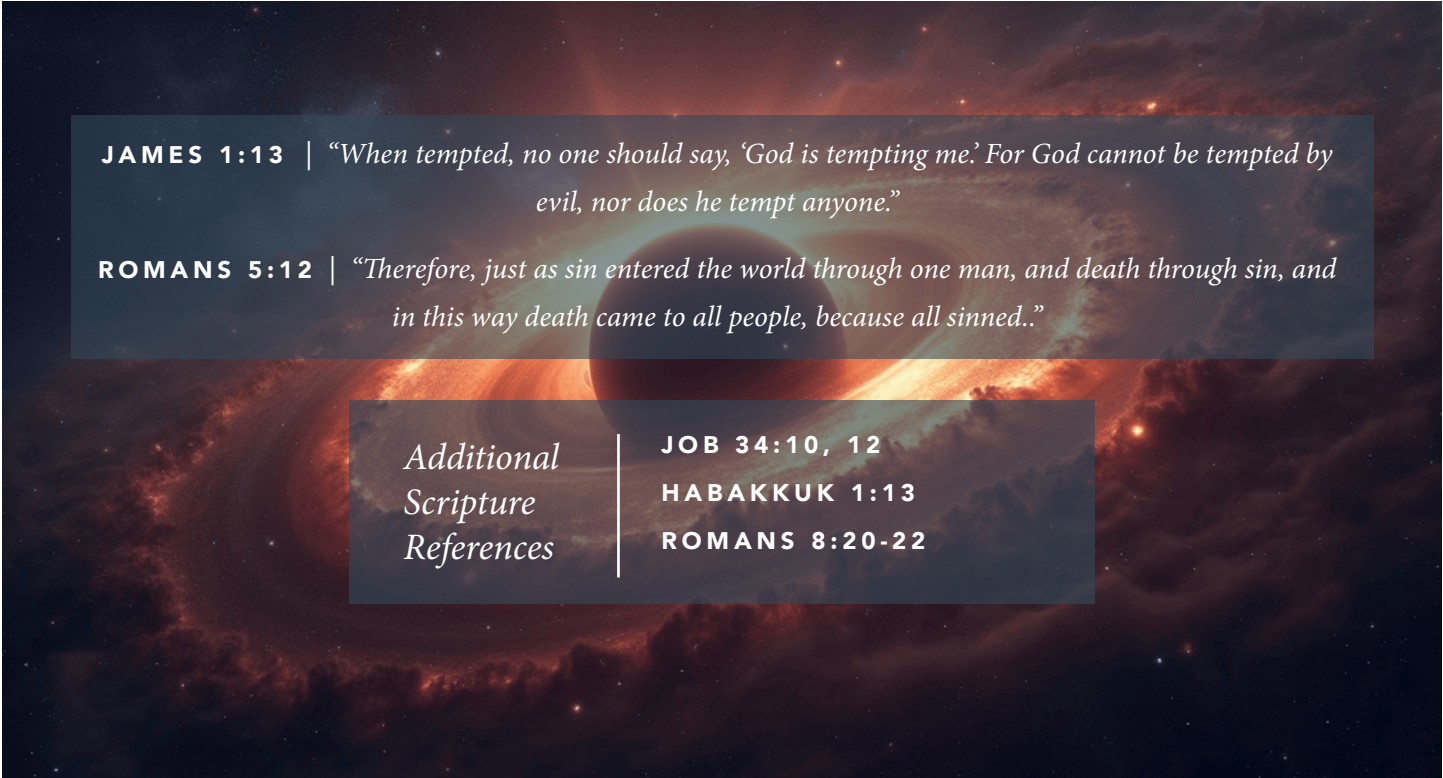
IX. THE PROBLEM OF EVIL

For thousands of years, people have asked: If God is both good and all-powerful, why does evil exist?

The answer lies in how God created humanity (with the gift of free will) and what happened when they chose rebellion in the Fall. God voluntarily limited Himself, giving humans the real ability to choose and allowing the possibility of sin and its inevitable consequences.

Humanity's choice to sin shattered the original harmony of creation and set the world on a path of suffering and death. From that moment, both moral evil (such as lying, stealing, and murder) and natural evil (such as disease, disasters, birth defects, and death) flowed from the misuse of free will in the Garden of Eden.

God allowed the possibility of sin, but He is not its cause or author. He remains holy, loving, and completely incompatible with evil. It was humanity who chose rebellion. Ever since, we have been living with the natural consequences of that misuse of free will.



JAMES 1:13 | *“When tempted, no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone.”*

ROMANS 5:12 | *“Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned..”*

*Additional
Scripture
References*

JOB 34:10, 12
HABAKKUK 1:13
ROMANS 8:20-22

QUESTIONS FOR REFLECTION

1. How does understanding the origin of evil (free will misused) help you wrestle with hard questions about suffering and injustice?
2. How does recognizing the reality of evil make Jesus' work on the cross even more meaningful?



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