



# The Garden Effect

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WHAT REALLY HAPPENED IN THE  
GARDEN?

# A CLOSER LOOK

- **Genesis 2:25** Now the man and his wife were both naked, but they felt no shame.
- **Genesis 3:1–5 (NLT) — 1** The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?” **2** “Of course we may eat fruit from the trees in the garden,” the woman replied. **3** “It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.’ ” **4** “You won’t die!” the serpent replied to the woman. **5** “God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.”

# A CLOSER LOOK

- **Genesis 3:6 (NLT) — 6** The woman was convinced. She saw that the tree was **beautiful** and its fruit looked **delicious**, and she wanted the **wisdom** it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.

1. Desire of the eye (saw that it was beautiful)
2. Desire of flesh (looked delicious)
3. Pride of life (wanted wisdom)

1 John 2:16 (ESV) - 16 For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

# THE GARDEN EFFECT: SHAME

- **Genesis 3:7–10 (NLT) — 7** At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.
- **8** When the cool evening breezes were blowing, the man and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees.
- **9** Then the LORD God called to the man, “Where are you?” **10** He replied, “I heard you walking in the garden, **so I hid**. I was **afraid** because **I was naked**.”

# WHAT IS SHAME?

- A person with internalized shame believes he is inherently flawed, inferior and defective. Such a feeling is so painful that defending scripts (or strategies) are developed to cover it up. These scripts are the roots of violence, criminality, war and all forms of addiction...shame can become the source of self-loathing, hatred of others, cruelty, violence, brutality, prejudice and all forms of destructive addictions. As an internalized identity, toxic shame is one of the major sources of the demonic in human life...it is a true sickness of the soul...Toxic shame becomes the core of neurosis, character disorders, political violence, wars and criminality. It comes the closest to defining human bondage of all the things I know.

• *Dr. John Bradshaw Healing the Shame that Binds You*

- WE FEEL SHAME → WE FEAR → WE HIDE → WE BLAME....

## DR. LINDA HARTLING'S RESEARCH IDENTIFIED THREE STRATEGIES OF DISCONNECTING WITH SHAME: SHAME SHIELDS

1. **Moving Away** is withdrawing. It is playing small and making ourselves invisible. When someone uses the Moving Away shame shield they tend to avoid conflict and disappear whenever they feel uncomfortable. They isolate or make themselves scarce when there is an uncomfortable situation (**HID FROM GOD**)
2. **Moving Towards** is the shield of making everything perfect and pleasing others. When there is a conflict, people who use this shield will work diligently to make sure everyone else is happy, often at their own expense. (**FIG LEAF COVER**)
3. **Moving Against** is deflecting and fighting back. This person uses anger and aggression to protect themselves. They will shame the other person in order to take the pressure off their own feelings of discomfort. (**BLAMED EVE AND SERPENT**)

# THE CHARACTERISTICS OF SHAME

- Gershen Kaufman writes in *Shame: Shame is the affect which is the source of many complex and disturbing inner states: depression, alienation, self doubt, isolating loneliness, paranoid and schizoid phenomena, compulsive disorders, splitting of the self, perfectionism, a deep sense of inferiority, inadequacy or failure, the so-called borderline conditions and disorders of narcissism.*
- People with shame-based identities tend to over personalize everything; feel they are to blame for all the bad that happens;
- Causes us to look to others for approval; suppress emotions; high levels of anxiety because we are never enough; prevents from making decisions that need to be made
- Causes us to go outside of ourselves to find an answer: addictions; compulsive behaviors; perfectionism; workaholics; sports and body building compulsions
- Causes people who have addiction issues to be more prone to relapse or live in binges or cycles of addiction.

# WHERE DOES OUR SHAME COME FROM?

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- Shame is fostered in significant relationships where people are not valued or made to feel valuable, important or wanted. (Eph 6:4; Col 3:21)
- It is multigenerational in families and is passed down (Exodus 20:5)
  - The job of parents is to model. Modeling includes how to be a man or woman; how to relate intimately to another person; how to acknowledge and express emotions; how to fight fairly; how to have physical, emotional and intellectual boundaries; how to communicate; how to cope and survive life's unending problems; how to be self-disciplined; and how to love oneself and another. Shame-based parents cannot do any of these. They simply don't know how.



# WHERE DOES OUR SHAME COME FROM?

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- Abandonment which results in neglect and abuse
- Sexual abuse: it takes less time for sexual abuse than any other to induce shame
- Physical abuse: speaks of devaluing a person
- Emotional abuse: emotions are the foundations of our power as a person and shame releases fear and guilt. Attacks our value and worth
- Religious abuse: sense of never pleasing God and not understanding the redemptive power of Christ to remove guilt and shame of the past
  - Concepts of God being only the judge waiting to declare us guilty
  - Never measure up to God's standard

# OVERCOMING SHAME: JESUS & THE CROSS

- **1 John 3:8 (ESV)** The reason the Son of God appeared was to destroy the works of the devil.
  - The works of the devil was the introduction of shame into the world through disobedience. Jesus came to destroy those effects.
- **Luke 4:18 (ESV) — 18** “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed,
  - Oppressed (Thravo) Broken; oppressed; weak; crushed in spirit

# STEPS TO FREEDOM

1. Jesus must be Lord of your life! Repent
  - a. Make Him Lord!
  - b. Fill heart and mind with His Word. Pray!
2. Turn off the inner critic (your own voice)
  - a. Speak God's Word about you
  - b. Worship
  - c. Replace negative thoughts with truth
3. Eliminate toxic relationships
4. Find people who will celebrate the authentic you.