

Gen 3:8

And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.

Have you ever had a hard time praying or spending time with the Lord? You knew you wanted to, but for some reason it seemed that you just couldn't. Sometimes the reason is because of sin in our lives. Think of Adam and Eve, who talked with God and had a great relationship with Him, until they sinned by eating of the tree of knowledge of good and evil. Once they did, their relationship with God was never the same.

The same thing happens to us when we sin. Things could be going great, then all of a sudden we fall into sin, maybe anger, or lust, or greed, or gossiping, or hatred, or? Whatever it is, it will cause us to hide from the Lord, or we will be too ashamed to spend time with Him.

Just like a little child when he or she messes up, they hide from their parents because they know they did something they were not supposed to do. Sure the child does realize that their parents love them and will forgive them, but still the shame of doing wrong overcomes them so they hide because of their shame.

We do the same thing when we sin, we know that the Lord loves us and will forgive us, but the shame of our sin causes us to hide from God or we are even too embarrassed to talk to Him. But we must look at the next verse and see God's love for His children.

† **Gen 3:9** *Then the LORD God called to Adam and said to him, "Where are you?"*

God was not standing there with a belt in His hand, ready to punish Adam and Eve. No. God was calling out in love wanting them to know that even though they were disobedient that He loved them and still called them His children.

You must also remember that God is not standing there ready to punish you, but is calling out to you in love, wanting you to know that He will forgive. Just ask Him, and according to God's word, He will never say no.

† **1 John 1:9** *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

And the only way to confess your sins is to talk to God no matter how ashamed you are.

† **Psalm 25:20** *Keep my soul, and deliver me; Let me not be ashamed, for I put my trust in You.*