



THE HOLY PLOT | EPISODE 2

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# Adam and Eve: When God Made the First Humans

Adult & Teen Reflection Guide

Genesis 2:4-25

A free companion for reflection, prayer, and response after watching Episode 2.

# Read

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## Genesis 2:15-17 | ESV

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."

[Continue reading Genesis 2 on YouVersion](#)

# Devotional

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## When One Boundary Feels Bigger Than Every Gift

We are often more aware of one closed door than of ten open ones. A single limit can become so large in our imagination that it begins to overshadow everything we have already received.

Genesis 2 presents a different order. God's generosity comes first. Life, beauty, purpose, provision, and freedom surround the command. The boundary is real, but it is not the whole garden. It exists inside a world already marked by abundance.

That matters because we sometimes interpret God's limits as evidence that He is withholding good from us. We may understand what Scripture says and still feel that obedience is keeping us from something necessary. A desire can slowly become a demand, and the one thing we cannot have can seem more important than every gift already in our hands.

Trust does not mean pretending a boundary is easy. It means believing that God's wisdom is greater than the pressure of the moment. His commands are not random barriers placed between us and joy. They come from the same God who gives life and knows what harms, distorts, or enslaves us.

Sometimes a boundary protects us. Sometimes it exposes what has begun to rule our hearts. Sometimes it asks us to wait, surrender control, or accept that we are not the final authority over our own lives. In every case, obedience invites us to answer a deeper question: Do I trust the Giver when I do not understand the limit?

The next time one restriction feels larger than all of God's goodness, pause before letting frustration tell the whole story. Look again at what has been given. Remember the character of the One who gave it. A boundary may still be difficult, but it does not erase His generosity.

# Reflect

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**1. What boundary from God feels restrictive or difficult to trust in this season?**

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**2. What gifts, provisions, or freedoms have I been overlooking because I am focused on what I cannot have or do?**

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**3. What would trusting God's wisdom look like in one concrete decision this week?**

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# Pray and Respond

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## One Practice: The Three Gifts Pause

This week, whenever you feel frustrated by a boundary, stop before reacting. Name three gifts God has already given you, then pray one honest sentence asking Him to help you trust His wisdom in that moment.

## Guided Prayer

Father, thank You for every good gift You have placed in my life. Forgive me for the times I allow one limit to become larger in my mind than all Your generosity. You know what I need, what can harm me, and what will lead me toward life.

Help me trust Your wisdom when obedience feels costly or confusing. Show me where desire has become demand, and where I have mistaken Your protection for deprivation. Teach me to receive Your gifts with gratitude and Your boundaries with humility. In Jesus' name, amen.

*"Every good gift and every perfect gift is from above."  
James 1:17*

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