

What I Learned in Genesis

1. *Shamar* means to guard or protect, but is often translated as “keep.” Psalm 119:167 says, “My soul keeps Your testimonies, and I love them exceedingly.” How can you guard God’s words and commands? Remember, Adam was supposed to *shamar* the garden, but evil got in anyway.
2. “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8). Eve was lured by Satan in the garden, Cain was told by God that sin was crouching at the door, Jesus tells his disciples to watch and pray because the flesh is weak. Today, how are you going to avoid being devoured by the devil?
3. Does God want you to be happy? “Taste and see that the Lord is good. How happy is the person who takes refuge in him!” (Psalm 34:8, CSB). There are many warnings against negative emotions, such as anger, jealousy, doubt, and fear. Why do you think God wants us to avoid, or work through, negative feelings?
4. Joseph was humbled, then he was exalted. “Whoever exalts himself will be humbled, and he who humbles himself will be exalted” (Matthew 23:12). What can you do to be humble today?