

FAMILY WORSHIP HELPS WEEK 15

THIS WEEK'S FOCUS

QUESTION 15: *What was the sin whereby our first parents fell from the estate wherein they were created?*

ANSWER: The sin whereby our first parents fell from the estate wherein they were created, was their eating the forbidden fruit.



MONDAY



Praise: Sing Psalm 32A

Scripture: Read Genesis 3:1-8

Key Thought: *The first sin was an act of unbelief.*

Questions:

- ☞ What specific sin did our first parents commit?
- ☞ Was there anything evil or sinful about the fruit itself?
- ☞ What made the eating of this fruit a sin?
- ☞ How did the serpent tempt them to disbelieve God's word?
- ☞ Does all sin make God out to be a liar? How?

Prayer

Notes: This week we will look more closely at the specific nature of the sin of our first parents. When it comes to sin, things are seldom as simple as they seem. Although the specific act was eating of the fruit of the forbidden tree, reflecting on the implications of this simple act will reveal how terrible sin truly is. Explain to your children that there was nothing evil or sinful about the fruit itself. The sin of our first parents, like all sin, is found in their response to God's Word. Focus your family's attention today on the fact that the sin of our first parents was an act of unbelief. Show them how the temptations of the serpent were calculated to encourage Eve to disbelieve the words that God had clearly spoken. Explain to them that by doubting His words, Eve made God out to be a liar. Help your children to see that every time we sin against God's word, either by omission or commission, we declare God to be a liar because we question the reliability of His words and His ability to enforce the penalties He has prescribed. Help them to identify specific ways in which they are tempted to disbelieve God's word. Pray together for forgiveness of sin and for faith to believe the word of God without reservation.



TUESDAY



Praise: Sing Psalm 32A

Scripture: Read Genesis 3:1-8

Key Thought: *The first sin was an act of ingratitude and discontent.*

Questions:

- ☪ What were some of the blessings that God gave to our first parents in the garden?
- ☪ How many restrictions did God give them?
- ☪ What is ingratitude? What does it mean to be discontented?
- ☪ How did the serpent tempt Eve to be ungrateful and discontented?
- ☪ What do ingratitude and discontent imply about God?
- ☪ In what ways are you tempted to be ungrateful or discontented?

Prayer

Notes: All sin reflects upon the nature of God. We have seen that the sin of our first parents made God out to be a liar, since they doubted the truthfulness of His word. Another implication of sin is seen in the fact that it is an expression of ingratitude and discontent with the goodness of God. Ask your children to list some of the many blessings that God gave to Adam and Eve in the garden. Show them that there was only one restriction, with regard to the tree of the knowledge of good and evil. Help them to see how wicked it was for Eve to become consumed with desire for the one thing that God had forbidden. Help them to see that an ungrateful and discontented heart implies that God does not know what is best for His children, or that He purposefully deprives them of good things. Challenge them to think of ways that they are tempted to be ungrateful or discontented with God's provisions. Pray together, confessing the sin of discontent and asking the Lord for grace to be thankful for His countless blessings and to resist the temptation to be ungrateful.



WEDNESDAY



Praise: Sing Psalm 32A

Scripture: Read Genesis 3:1-8

Key Thought: *The first sin was an act of pride and blasphemy.*

Questions:

- ☪ What was the last word the serpent spoke to Eve?
- ☪ Wasn't Eve already "like God" since she was created "in His image"? What did the serpent mean by this?
- ☪ What is pride? What is blasphemy?
- ☪ How is all sin an expression of pride and blasphemy?

Prayer

Notes: Another aspect of the sin of our first parents is that it was an expression of pride and blasphemy. The last word of the serpent to Eve was that by eating

the forbidden fruit she and her husband would be “like God.” Point out to your children that Eve was already “like God” because she was created in His image, or likeness. But the serpent’s words went beyond this, leading Eve to desire not only to be a reflection of God, but to take the place of God Himself. Satan tempted Eve with pride, which led her to blasphemy, presuming that she could take the place of God in determining good and evil for herself. Explain the terms “pride” and “blasphemy” to your children. Pride is self-exaltation, and blasphemy is exalting oneself to the place of God. Show them that every act of sin involves these two factors. When we willfully disobey God’s word, we are exalting ourselves above Him, as though we were better able to rule our own lives than He is to govern us. Pray together, confessing prideful attitudes and actions and asking God for humble hearts that delight in obedience and service to Him.



THURSDAY



Praise: Sing Psalm 32A

Scripture: Read Genesis 3:1-8

Key Thought: *The first sin was an act of murder.*

Questions:

- ☪ Do you have to physically take someone’s life to be guilty of murder? What other ways can murder be committed?
- ☪ Did our first parents act only on behalf of themselves?
- ☪ What was the result of their sin for themselves?
- ☪ What was the result of their sin for their descendants?
- ☪ When you lead others to sin by your actions, are you held responsible?

Prayer

Notes: It may be startling to think of the sin of our first parents as including the aspect of murder, but this too was a part of their action. Explain to your children that a person does not necessarily have to physically take the life of another to be found guilty of murder. Reckless or intentional endangerment of someone else’s life, leading to their death, is also an act of homicide. Since Adam and Eve acted as the public representatives of their children before God, their sin resulted not only in their own death, but in the death of their descendants. In this sense, their sin was an act of murder. The main point is that sin is not committed in a vacuum, but has consequences on others as well. When others are led into sin by our actions, we share the responsibility before God. In outlining the sins forbidden by the 6th commandment, the *Larger Catechism* lists “whatsoever tends to the destruction of the life of any.” Placing others in the way of God’s judgment by our example of sin would certainly fall into this category. Help your children to see the seriousness of the consequences of their

sin in the lives of others, and pray together for God's grace to act and speak in such a way that leads others to life in Christ.



FRIDAY



Praise: Sing Psalm 32A

Scripture: Read Genesis 3:1-8

Key Thought: *The first sin was an act of disobedience to both tables of the moral law.*

Questions:

- ☪ Where do we find the "moral law" of God?
- ☪ What is meant by the "tables" of the moral law?
- ☪ What is the focus of the first table? What is the focus of the second table? How did Jesus summarize them?
- ☪ How did the sin of our first parents break both tables of the law?
- ☪ Is this true of all sin?

Prayer

Notes: In summarizing the nature of the sin of our first parents, it is clear that they broke the whole law of God by their action. Explain to your children that the "moral law" of God is found in the ten commandments. Review the commandments with them, showing them that the "tables" of the law refer to a division of the ten commandments into two main categories, just as they were written on two tablets of stone. The first table focuses on man's duty toward God, while the second table deals with man's duty toward other men. Jesus summarized the law this way: "You shall love the Lord your God . . . and love your neighbor as yourself." Help your children to see that the sin of our first parents involved breaking both tables of the moral law, since their disobedience was against God and against their descendants. This is consistent with the teaching of James 2:10 that "whoever shall keep the whole law, and yet stumble in one point, he is guilty of all." Show your children that every sinful act is a transgression of the whole law of God, since it exalts self-interest over the holiness of God and over the welfare of others. Discuss the implications of this in light of some of the common sins we struggle with daily. Pray for God's grace and mercy to forgive our sins and to empower us through Christ to walk in obedience to His laws.



Note: Only five lessons per week are included. You are encouraged to lead your family in worship seven days a week. On weekends, you may want to review or build upon the lessons from the previous week, discuss the sermon from Sunday morning, or work on questions from the Catechism or memory verses. These lesson suggestions are intended to provide a simple framework for parents to build upon. You are not limited to this content. The habit of morning and evening family worship is the biblical ideal. We hope you can use these lessons as a starting point for the development of a blessed practice of family worship in your home.