

FAMILY WORSHIP HELPS WEEK 16

THIS WEEK'S FOCUS

QUESTION 16: *Did all mankind fall in Adam's first transgression?*

ANSWER: The covenant being made with Adam, not only for himself, but for his posterity; all mankind, descending from him by ordinary generation, sinned in him, and fell with him, in his first transgression.



MONDAY



Praise: Sing Psalm 14A

Scripture: Read Romans 5:1-12

Key Thought: *Adam stood before God as our representative.*

Questions:

- ☪ What does it mean to "represent" someone?
- ☪ Why weren't all of the angels corrupted when some sinned?
- ☪ Are children affected when their parents act sinfully?
- ☪ Do you ever act as a representative of others?
- ☪ How does your obedience or disobedience affect them?
- ☪ What was the result of Adam's actions in our lives?

Prayer

Notes: The question before us this week discusses the fact that Adam's sin affected not only himself, but all of his descendants. Adam stood before God as the representative of the whole human race. Discuss the concept of representation with your children, showing them that God has designed the world in such a way that the actions of some bring rewards or consequences to others. Show them that this is true in all families, as children are affected by the decisions of their parents. Point out that the angels were created as individuals, and therefore did not represent one another, but mankind was created to be inter-dependent. Emphasize the fact that everyone finds themselves at some point as a representative of others. Ask your children to think of situations where the principle of representation is found. Challenge them to consider how the actions one man may affect those he represents. Explain to them that Adam's sin has brought an inheritance of death to all of us as his children. Discuss and pray about the implications of this inheritance.



Praise: Sing Psalm 14A

Scripture: Read Psalm 51:1-5

Key Thought: *As Adam's descendants we are born sinners.*

Questions:

- ☪ Do you have any physical characteristics similar to your parents? Why is this so?
- ☪ What does David mean when he says, "I was conceived and brought forth in sin"?
- ☪ How is Adam's sin passed on to us?
- ☪ What signs of your sin nature do you see at work in your own heart and life?
- ☪ Can we do anything on our own to change the sinful nature we have from birth?

Prayer

Notes: The doctrine of original sin teaches us that we have inherited a nature that is totally depraved and utterly corrupt. Just as children inherit certain physical characteristics from their parents, we have inherited the sin nature of Adam as his descendants. This sin nature is communicated to us by "ordinary generation" so that we are sinners from the very moment of conception. Explain to your children that Adam's sin is passed on to us in two significant ways. First, the guilt of Adam's sin is imputed to us, so that we are guilty in the sight of God. Second, the depravity and corruption of Adam's nature are passed on to us so that our mind and will are from birth set in opposition to God and His holiness. Challenge your children to consider what signs of the sin nature are apparent in their own thoughts and actions. Show them that just as there is nothing that we can do to alter the physical characteristics we inherit from our parents, so there is nothing we can do by our own effort to change our sin nature or incline our hearts toward God. Pray together, confessing sin and asking the Lord for grace to change what you are unable to change in yourselves.



Praise: Sing Psalm 14A

Scripture: Read Genesis 6:5-13

Key Thought: *Original sin completely corrupts our hearts.*

Questions:

- ☪ What result did sin have among the first inhabitants of the earth?
- ☪ What was different about Noah? Why did he find favor with God?
- ☪ What did we lose as a result of Adam's sin?

🕒 How did Adam's sin affect our thinking about God?

Prayer

Notes: The effects of Adam's sin upon his descendants has been deep and profound. The natural inclination of the sinful heart of man can be observed in the state of the first inhabitants of the world during the days of Noah. They became utterly corrupt and sinful in their ways until God determined to destroy them in His wrath. Explain to your children that the only difference between Noah and the rest of the world was God's mercy and preserving grace in his life. Discuss with them the far-reaching effects of sin in the human heart and explain that apart from God's preserving and restraining grace, we would all be like the people of Noah's generation. Pray together, thanking God for His grace, not only restraining us from being as wicked as we would be without it, but in providing a way or rescue from sin.



THURSDAY



Praise: Sing Psalm 14A

Scripture: Read Genesis 3:6-20

Key Thought: *Original sin separates us from God.*

Questions:

- 🕒 What did Adam do after he ate from the forbidden tree?
- 🕒 Why did Adam hide from God?
- 🕒 What does this tell us about how sin affects our relationship with God?
- 🕒 How did God respond to Adam's hiding?
- 🕒 Did God punish Adam for his rebellion? How?
- 🕒 Did God provide hope for Adam? How?

Prayer

Notes: Focus your attention today on the dramatic effect that sin has had on our relationship with God. First, because of Adam's sin, we lost our innocence and purity before God. Second, as Adam was filled with shame after he sinned, and so our hearts condemn us and fill us with guilt. Third, we are bound in sin and unable to do any good thing before God. Fourth, we are prone to flee from the sight of God, rather than seeking His presence. Discuss some of the ways that these effects are apparent in your own lives. Next, discuss the gracious response of God to Adam's sin. Even though Adam hid from God, God sought him out. Adam and his children had to bear the consequences of his sin—namely death and separation from God, but God provided hope as well. This hope is seen in two ways: First, in the promise of a Savior through “the seed of the woman” which speaks of Christ. Second, in the provision of clothing for Adam and Eve

to cover their nakedness. This clothing was provided through the sacrifice of animals in order to show God's intention to cover the iniquity of His children by the blood of a substitute. Praise God together for the grace of God in restoring sinful man to fellowship with Himself through Jesus Christ.



FRIDAY



Praise: Sing Psalm 14A

Scripture: Read 1 Corinthians 15:1-23

Key Thought: *Christ has overcome original sin.*

Questions:

- ☪ What comparison does Paul make between Adam and Christ?
- ☪ What was the effect of Adam's actions for mankind?
- ☪ What was the effect of Christ's actions for mankind?
- ☪ How do people come to be "made alive" in Christ?
- ☪ Have you been made alive in Him?

Prayer

Notes: In 1 Corinthians 15, Paul not only states that Adam's sin resulted in death for all mankind, but he also proclaims that the work of Christ has provided life for those who were dead. Explain to your children how the work of Christ has overcome the effects of Adam's sin for all those who will trust in Him and seek forgiveness through His blood. Help them to understand the substitutionary nature of Christ's sacrifice. Show them their need to acknowledge their guilt and helplessness as sinners before God, repent of their particular sins, and trust in Christ alone to save them from eternal separation from God. Explain that being "made alive" in Christ means being restored to fellowship with God and being awakened to holiness in thought, word, and deed. Exhort them to trust in Christ and to seek to walk by faith in Him, seeking His grace daily to forsake sin and bring forth the fruit of obedience. Show them that God has provided grace for them through His Word, through prayer, and through the fellowship and worship of the church. Praise God together for His wonderful mercy!



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.