

FAMILY WORSHIP HELPS WEEK 18

THIS WEEK'S FOCUS

QUESTION 18: *Wherein consists the sinfulness of that estate wherein man fell?*

ANSWER: The sinfulness of that estate whereinto man fell, consists in the guilt of Adam's first sin, the want of original righteousness, and the corruption of his whole nature, which is commonly called original sin; together with all actual transgressions which proceed from it.



MONDAY



Praise: Sing Psalm 32C

Scripture: Read Romans 5:12-21

Key Thought: *Adam's sin has made us all guilty before God.*

Questions:

- ☪ What is guilt?
- ☪ Must we commit actual sins to be found guilty before God?
- ☪ What nature has been passed down to us from Adam?
- ☪ What attributes of God require the punishment of all who have a sinful nature?
- ☪ Have you acknowledged that you are guilty before God?

Prayer

Notes: The question before us this week continues to examine the nature of mankind as a result of the fall. The specific focus is on the sinfulness of man's condition because of Adam's first sin. Today's emphasis is upon the fact that the whole human race has inherited the guilt of Adam's transgression. Explain the concept of "guilt" to your children, showing them that it is not merely a feeling, but actual blameworthiness before God. To be declared "guilty" means that a person deserves to be punished. The Bible declares that we are guilty before God because of Adam's sin. We are guilty because of our sinful nature, even before we ever commit any actual sins. Remind your children that Adam sinned as our representative before God, and that his sinful nature was passed on to all of his children. Show them that God's perfect holiness, righteousness, and justice require that He punish all sin. A perfectly holy God cannot tolerate the presence of any sin. Help them to see their guilt as creatures with a sinful nature.



Praise: Sing Psalm 32C

Scripture: Read Romans 3:10-18

Key Thought: *There is no original righteousness in man.*

Questions:

- ☪ What is righteousness?
- ☪ Was Adam created with original righteousness?
- ☪ When Adam sinned, what happened to his righteousness?
- ☪ How does Paul describe the condition of all men since Adam?
- ☪ Is man basically good?

Prayer

Notes: The result of Adam's sin is not only the passing on of the guilt of his transgression, but also the loss of original righteousness. Discuss the meaning of righteousness, which is the condition of being right before God. Explain that although Adam was created as a righteous man, by sinning he lost that righteousness, not only for himself, but for all mankind. There are many today who claim that mankind is born good, but is corrupted over time by the influences of the world. This is not the message of the Bible. Paul clearly shows what the natural inclination of man's heart is because of his sinful nature. Discuss the implications of Paul's description of man's sinful heart. Help your children to see that there is nothing good in them as creatures, but that their hearts are inclined to wickedness from the moment of birth. Explain to them that it is only through acknowledging that we are lost in sin that we are able to look to God's righteousness for salvation. As long as we believe that there is something good in us, we will try to be our own savior. Pray that God will help you to confess your wickedness before Him and seek His mercy to change you from within.



Praise: Sing Psalm 32C

Scripture: Read Genesis 6:5-13

Key Thought: *Man's whole nature is corrupt.*

Questions:

- ☪ Is there any part of man that has not been corrupted by sin?
- ☪ If you put a few drops of poison into a glass of water, would the whole glass be contaminated? How is this like the effect of sin?
- ☪ Is every man as wicked as he could possibly be?
- ☪ What keeps man from being as wicked as he could be?

Prayer

Notes: Today's focus is on the radical effect of sin on the nature of man, which is sometimes referred to as "total depravity." Explain to your children that sin has contaminated every part of man's being, just as a few drops of poison would contaminate a whole glass of water. There is no part of man that is not affected by sin. Remind them of last week's lessons, which showed how sin has corrupted man's mind, will, heart and affections. Show them also that total depravity does not mean that every man is as wicked as he possibly could be. The only reason that he is not is because God graciously holds back the full outworking of sin in the hearts of men. In the days of Noah, God permitted men to pursue the desires of their sinful hearts, and they became utterly wicked. Ask your children what made Noah different from the men of his generation. Show them that it was not anything within Noah, but rather the grace of God restraining his heart from evil. Pray that God will help you to recognize the corruption of sin in your hearts, and to seek His grace to transform you and make you new creatures in Christ.



THURSDAY



Praise: Sing Psalm 32C

Scripture: Read Matthew 15:10-20

Key Thought: *Original sin leads to actual transgressions.*

Questions:

- ☞ Are we called "sinners" because we sin, or do we sin because we are sinners?
- ☞ Does it matter which of these is true? Why?
- ☞ Which is worse: Our sinful nature or our actual sinful deeds?
- ☞ Can we be saved by trying to change our behavior? Why not?
- ☞ What must happen in order for us to be saved?
- ☞ How does this happen?

Prayer

Notes: Today's lesson will look at the relationship between our sinful nature (original sin) and the actual deeds of sin that we commit. The message of the Scriptures is that all actual transgressions spring out of the corrupt nature of the heart. We are not sinners because we sin. Rather, we sin because we are sinners. Explain the difference between these two perspectives to your children and help them to understand the significance. Show them that, although we often focus our attention on the outward deeds of sin, the inward corruption of our hearts is worse, because it is the fountain out of which all our sinful deeds spring forth. Help them to see that merely trying to change our outward behavior is useless as long as our hearts remain corrupt within us. Explain to them that in order to be truly saved from our sin, we must be changed from

within by God's grace. Show them that it is only through Christ's payment of our penalty and His righteousness given to us by God's grace that we can be changed from within. Pray for the application of the work of Christ to each family member's heart, and for eyes to see that the corruption that needs to be healed is the corruption of sinful nature.



FRIDAY



Praise: Sing Psalm 32c

Scripture: Read Romans 5:12-21

Key Thought: *Christ has conquered sin for us.*

Questions:

- ☪ What comparison does Paul make between Adam and Jesus?
- ☪ What was the result of Adam's sin?
- ☪ What was the result of Christ's life?
- ☪ Do all men automatically receive the benefits of Christ's work?
- ☪ How are the benefits of Christ's work received?

Prayer

Notes: We return now to the passage we looked at on Monday. Paul seeks to establish the fact that all men have inherited sin and death from Adam, but he also shows how the life of Christ counteracts the effects of sin and death in the human race. Discuss the comparison of these verses with your children, helping them to see the results of Adam's sin and the results of Christ's righteousness. Explain to them that the benefits of Christ's life do not come automatically to all men. They must be received through repentance and faith. Challenge your children to acknowledge their sinfulness, confess their actual transgressions, and take hold of the free gift of life through Jesus Christ. Pray together, thanking God for His incredible gift of life to those who are lost in sin and death, and pray for strength to walk daily in His grace with hearts that have been made new and set free from the effects of sin.



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.