

FAMILY WORSHIP HELPS WEEK 19

THIS WEEK'S FOCUS

QUESTION 19: *What is the misery of that estate whereinto man fell?*

ANSWER: All mankind by their fall lost communion with God, are under his wrath and curse, and so made liable to all miseries in this life, to death itself, and to the pains of hell for ever.

MONDAY

Praise: Sing Psalm 90C

Scripture: Read Genesis 3:8-24

Key Thought: *The fall separated us from God.*

Questions:

- ☪ What did Adam do when he heard the sound of the Lord?
- ☪ Had Adam ever hidden from God before? Why did he hide now?
- ☪ Why did God call out "Where are you?"
- ☪ Why does sin separate us from God?
- ☪ What evidence can you see of man's separation from God?

Prayer

Notes: This week we will look at the misery into which the fall has brought all mankind. The *Shorter Catechism* identifies five aspects of this misery, beginning with man's loss of communion with God. After sinning, Adam heard the sound of God walking in the Garden and he hid himself. Adam's hiding indicates a great change in his relationship with God. Because of his sin, Adam now feared judgment and despised the presence of God. Show your children what a terrible change this was. When God called out "where are you?" it was not because He couldn't find Adam. Instead, God was showing Adam that his sin had radically changed his standing before God. God must now pursue Adam, to call him to account for his transgression. Explain to your children that sin separates us from God because He is perfectly holy and can have no fellowship with evil. Ask them to identify some specific ways that man's separation from God can be seen in the world today and in their own lives. Pray together, confessing sin and thanking God that in spite of our sin He has sought us out in order to restore us to fellowship through Christ.



TUESDAY



Praise: Sing Psalm 90c

Scripture: Read Romans 1:18-25; Psalm 7:11

Key Thought: *The fall exposed us to God's wrath and curse.*

Questions:

- ☞ Why is God's wrath revealed against all unrighteousness?
- ☞ How is God's curse seen in the hearts and lives of men?
- ☞ How are wrath and justice related to each other?
- ☞ Is God's wrath withdrawn when men try to do good things?
- ☞ Should we fear God's wrath? Why?

Prayer

Notes: A second aspect of the misery brought upon man by sin is that he is under God's wrath and curse, instead of His love and blessing. Challenge your children to identify some of the reasons for God's wrath as seen in the passage from Romans, as well as some of the outworkings of the curse of God against sin. The change that occurred through Adam's sin was a judicial change. His disobedience made him (and us) subject to the justice of God, who hates sin and whose holiness demands that sinners be punished. The psalmist says that because of God's justice, He is angry with the wicked every day. Explain the connection between justice and wrath, and show your children how sin has made us all heirs of God's anger. Help them to see that even when men try to do good things, God's wrath remains because the sinful nature of man corrupts everything he does. Show them that the wrath of God is to be feared greatly, because He has the power to carry out His sentence against sin and to cast us into eternal punishment. Pray together, confessing that each of us deserves God's wrath and curse, and seeking mercy through Jesus Christ for the forgiveness of sin.



WEDNESDAY



Praise: Sing Psalm 90C

Scripture: Read Psalm 90:1-17

Key Thought: *The fall exposed us to the miseries of this life.*

Questions:

- ☞ What was the original creation of God like?
- ☞ What changes came into the world as a result of Adam's sin?
- ☞ What are some of the miseries that fill the world today?
- ☞ How are each of these the result of sin?
- ☞ Who is responsible for the miseries of this life?

Prayer

Notes: Not only has sin separated us from God and made us subject to His wrath and curse, but it has filled the world with every kind of misery. Sin is the source of the trouble we find in this world. Help your children to identify how drastically the world was changed by the entrance of sin into man's life. Challenge them to list some of the miseries that can be observed in the world and how each of these is the direct result of sin. Point out to them that it was man's sin that brought all of these evils into the world, and that man alone is responsible for the miseries that we see around us. Sometimes suffering is a direct result of God's judgment on some particular sin. Sometimes it is the general result of sin's effect on the world. Always, it is the result of sin. Pray together that God will send relief from the miseries brought into the world by sin, that He will give you strength to trust Him in the face of suffering, and that He will speed the day when Jesus will take away all of the effects of sin in this world.



THURSDAY



Praise: Sing Psalm 90C

Scripture: Read Ecclesiastes 9:1-12

Key Thought: *The fall exposed us to death.*

Questions:

- ☞ What penalty did God threaten if Adam ate the forbidden fruit?
- ☞ How was this penalty applied to Adam?
- ☞ Does everyone eventually die?
- ☞ Is there a difference between physical death and spiritual death? Which is worse? Why?
- ☞ Does man have any power over death? Does God?

Prayer

Notes: Another part of the misery of our condition through sin is that we are made liable to death itself. Adam was told by God that the penalty for eating the forbidden fruit was death. That penalty was applied to Adam, in that he immediately suffered spiritual death and would eventually face physical death. Adam was declared to be dead by God the moment he broke God's commandment. All of his descendants are born "dead in trespasses and sins." Nothing within us is alive toward God, and we all eventually die and stand before Him in judgment. Spiritual death is far worse than physical death, because those who are dead spiritually will spend eternity under God's wrath. Man has no power over death. He cannot avoid physical death, which comes to all eventually. He has no power to undo his spiritual deadness—any more than someone who is physically dead can change his condition. But God has power over death, which was shown in the resurrection of Jesus Christ, who defeated death for

us! Pray together, confessing yourselves to be dead in trespasses and sins, and praising God for His provision of life through Christ to those who look to Him in faith. Thank Him for the fact that those who trust in Christ have no need to fear death, since He has taken away its sting!

 FRIDAY

Praise: Sing Psalm 90C

Scripture: Read Matthew 25:41-46

Key Thought: *The fall exposed us to the eternal pains of hell.*

Questions:

-  Does Jesus speak of hell as a real place?
-  Who are cast into everlasting fire?
-  Why does rebellion against God deserve an eternal punishment?
-  What makes hell such a horrible place?
-  Is there any relief for those who are in hell?
-  How can we escape the punishment of hell?

Prayer

Notes: Today's lesson focuses on a very sober theme. The ultimate misery of man's sinful condition is seen in the fact that he is made liable to the sufferings of hell forever. In this day and age, when the doctrine of hell is either ignored or minimized by many, it is important to speak frankly with your children about the reality of eternal punishment for the wicked. They must understand that sin has made every one of us deserving of the endless suffering of hell. Discuss with them the fact that hell is a real place, where God's grace is not known, but only the full outpouring of His anger against those who have rebelled against Him. There is no relief for those who find themselves there! They will pray for an end to their sufferings, but will not find it. Show them that the only way to escape this punishment, which we all deserve, is to flee for mercy to Jesus Christ, who took the punishment of His elect upon Himself.



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.