

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 21 // ADDRESSING OUR SINS

Big Idea: One major lifequake we all experience is the damaging impact of sin—our known and unknown disobedience to God. Repenting from our sins involves: developing a tender conscience; understanding the difference between real and false guilt; considering the pain and problems sin causes, owning our sin; accepting God's grace and forgiveness; and seeking to live differently.

Isaiah 6:1-5 (NIV) *In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. 2 Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. 3 And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." 4 At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. 5 "Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty*

Psalms 32:3-5 (NIV) *When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.*

John 3:16-17 (NIV) *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him.*

Psalms 51:10-13 (TLB) *Create in me a new, clean heart, O God, filled with clean thoughts and right desires. 11 Don't toss me aside, banished forever from your presence. Don't take your Holy Spirit from me. 12 Restore to me again the joy of your salvation, and make me willing to obey you. 13 Then I will teach your ways to other sinners, and they — guilty like me — will repent and return to you.*

Start Talking:

What are some painful consequences of sin you have experienced or seen others experience?

Start Thinking:

Read Isaiah 6:1-5. Why is it so important to develop and maintain a tender conscience before God?

Read Psalms 32:3-5. What do you learn from David in these verses about the value of repentance?

Read John 3:16-17. What is the difference between real and false guilt? How should an awareness of this help you as a believer to respond to sin in a biblical way?

Read Psalms 51:10-13. How should true repentance express itself in your daily life?

Start Praying and Doing:

Pray for a tender conscience and heart for God that keeps you sensitive to sin and the need for repentance. Ask God this week to expose any sin in your life that you may not be aware of so you, like David, can have a "clean heart" and renewed joy in the Holy Spirit as you turn away from sin.