

Family Theme | **God's Remedy for Guilt and Shame** Date | **April 27, 2025**

Study Text | **Psalm 25:1–22; Psalm 103:1–22; Psalm 51:1–17**

Read the Word: Psalm 25:1–22; Psalm 103:1–22; Psalm 51:1–17

Disciple Your Family: Discuss how sin brings guilt and shame and how we deal with it by repenting of sin, worshiping the Lord, and praying Psalm 51.

Discuss the following Key Truths and how to apply them to life. Use the questions to spark discussion.



Key Truth: Repenting of Sin Helps Us Deal With Guilt and Shame
(Psalm 25:1–22)

APPLY: Let the guilt and shame that comes with sin prompt us to confess and turn from that sin.

- *Are you struggling with guilt or shame for some past sin? What will you do about it?*

APPLY: Be encouraged by the forgiveness we are promised when we confess our sins (1 John 1:8–9).

- *What do we learn about guilt and shame from the heroes of faith in Hebrews 11?*
- *Read 1 John 1:8–9. How can that passage encourage you when shame tries to creep in?*

APPLY: Find a trustworthy believer to hold you accountable and to pray with you concerning your sin.

- *We know it's important to confess our sin to God. Why is it important to confess our sin to others?*
(See James 5:13–18.)



Key Truth: Worshiping the Lord Helps Us Deal With Guilt and Shame
(Psalm 103:1–22)

APPLY: After confessing sin, focus on worshiping God.

- *In a practical sense, what does it look like to worship God?*
- *How does focusing on worshiping God help us deal with guilt and shame?*

APPLY: Thank and worship God because He understands our weaknesses.

- *What makes it possible for God to be merciful and forgiving to us?*
- *How can you thank and worship God this week?*



Key Truth: Praying Psalm 51 Helps Us Deal With Guilt and Shame (Psalm 51:1–17)

APPLY: Use David's prayer of repentance in Psalm 51 as a model to pray when you have sinned.

- *What stands out to you most about Psalm 51? How would you describe David's honesty and vulnerability?*
- *How does David's prayer go beyond asking for forgiveness to moving forward with new life?*

APPLY: Show other sinners grace and help them overcome their sin.

- *How can we show grace to sinners around us without condoning their sin?*
- *How might God use us to help others who are trapped in a sin that we once struggled with?*

Build a Foundation: Discussion questions for elementary students.

- What is guilt? (feeling bad about something you should not have done or something you should've done, but didn't)
- What is shame? (when we feel bad about ourselves)
- How can guilt be good? (it can lead us to repentance)
- How can we have freedom from guilt and shame? (see *Field Notes* 9)

Work together to memorize the Verses of the Month: ***Ephesians 2:8–9***



Discuss This Week's Building Block:

Grace is undeserved favor from God. (Note: we will also teach about grace in Lesson 2 of May/June 2025)

Everyday Extras:

Have a friendly, family competition. Take turns running a specific course while carrying a heavy backpack to see who completes it in the fastest time. Discuss how sin brings guilt (feeling bad about something you should not have done or something you didn't do when you should have) and how guilt often leads to shame (feeling bad about ourselves). Emphasize how sin, guilt, and shame weigh us down and distract us from loving and obeying God. End with a prayer asking God to help you turn to Him and away from sin.

Preschool Highlights:

Today your child learned Mary and Mary Magdalene told the disciples the tomb was empty, and they had seen the risen Jesus. Two men didn't know they were walking with Jesus when going to Emmaus. After Jesus revealed Himself to the men, they found and told the disciples who they had seen. Jesus loved all these people and **Jesus Loves Me**.