

SHAME AND GUILT

The Rewards of Finding and Offering Forgiveness

Lesson 1: Accepting God's Forgiveness

EPHESIANS 2:1-10 (NLT)

¹Once you were dead because of your disobedience and your many sins. ²You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. ³All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else.

⁴But God is so rich in mercy, and he loved us so much, ⁵that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) ⁶For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. ⁷So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

⁸God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. ⁹Salvation is not a reward for the good things we have done, so none of us can boast about it. ¹⁰For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

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ACCEPTING GOD'S FORGIVENESS

1. Our human nature draws us toward sin

2. Sin leads to hopelessness

3. God lovingly offers forgiveness

FOR KEEPS [MEMORY VERSE]

"But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)" (Ephesians 2:4-5 NLT).

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