



## God's Plan for Handling Guilt and Shame

Our summer study in the Bible book of First John continues! Today: 1 John 1:1 - 2:2

### Prologue: Jesus is \_\_\_\_\_ !

*That which was from the beginning, which **we** have **heard**, which we have **seen** with **our eyes**, which we have **looked** at and **our hands** have **touched** --this we proclaim concerning the Word of life. The life appeared; **we** have **seen** it and testify to it, and we proclaim to you the eternal life, which was with the Father and has **appeared to us**. We proclaim to you what **we** have **seen** and **heard**... 1 John 1:1-3*

In this first chapter, John points out three traps about sin and guilt we can fall into. They are all lies we tell ourselves and others. John starts them with the words, "If we claim..."

### Trap #1: \_\_\_\_\_ (Lying to \_\_\_\_\_ )

*If we **claim** to have fellowship with him yet **walk** in the darkness, we **lie** and do not live by the truth. 1 John 1:6*

### Escaping the trap: \_\_\_\_\_

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7*

### Trap #2: \_\_\_\_\_ (Lying to \_\_\_\_\_ )

*If we **claim** to be without sin, we deceive **ourselves** and the truth is not in us. 1 Jn 1:8*

### Escaping the trap: \_\_\_\_\_

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

### Trap #3: \_\_\_\_\_ (Lying to \_\_\_\_\_ )

*If we **claim** we have not sinned, we make **him** out to be a liar and his word has no place in our lives. 1 John 1:10*

### Escaping the trap: \_\_\_\_\_

*My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense -- Jesus Christ, the Righteous One. 1 John 2:1*

*He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. 1 John 2:2*

*This is how we set our hearts at rest whenever our hearts condemn us... 1 John 3:19,20*

## Daily Meditations

Spend time each day this week meditating on today's topic!

### This week's memory verse:

*He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. 1 John 2:2*

### Monday

Look over the notes and verses from this past weekend. Write down something new that you learned:

Read 1 John 1:1-5. What does John emphasize about the way he experienced Jesus?

Why do you think he emphasizes this?

Why is it important even today, almost 2,000 years after John wrote these words, for us to emphasize that Jesus was truly and completely human as well as totally divine-- that He really entered into human history?

What does this tell you about God's love for you?

*Thank God today that He came in the flesh, as a real person, into human history, because He loves you. Thank Him that he came to rescue you-- and the whole world-- from our sin problem. Thank Him for the love story that is the Gospel!*

### Tuesday

Read 1 John 1:5-7. Practically, what does it mean to "walk in the light" and "walk in the darkness"?

In your life right now, where are you in darkness rather than light?

What hope does John give to us about moving from darkness to light? What benefits are there?

What practical steps will you take this week to walk in the light rather than in the darkness?

*Thank God today that He is light and that in Him there is no darkness at all. Ask Him to help you be honest to Him right now about where you still live in darkness. Ask Him to shine His light into every corner of your life and heal you.*

### **Wednesday**

Read 1 John 1:8,9. John speaks of confession as both the entry point into the Christian life and a continuing characteristic of Christians-- we are “confessors”-- people who confess their sins rather than hide their sins. Why is living in *denial* (denial of our problems, of our sins) such a common trap we fall into?

John uses very strong words to describe those who have confessed their sins. He says we are “purified from all unrighteousness”. If you are a follower of Jesus Christ, describe the way God sees you in light of John’s teaching:

If confession sets us free to experience such amazing grace, then why are we so slow to confess our sins?

What would you say to someone reluctant to confess their sins?

*Thank God for His cleansing love and grace. Confess to Him now, agreeing with Him that the dark areas you may have been indulging or excusing are, in truth, wrong. Thank Him for His forgiveness.*

### **Thursday**

Read 1 John 1:10-2:2. What are some characteristics you’ve noticed of people who work overtime to prove they are “good people” and not sinful?

How is “claiming to have never sinned” making God out to be a liar?

Why is admitting the ugly truth about our problems a first step to wholeness?

*What do you need to admit to God is a real problem in your life? Take it to Him in prayer right now.*

### **Friday**

Read 1 John 2:1,2 again. Explain in your own words what it means for Jesus to be your advocate, your atoning sacrifice:

If Jesus Christ is the final and complete sacrifice for our sins, what would He say to those who feel a need to measure up, or to do something to “pay for” their sins?

This verse says Jesus Christ did not just die for my sins, but for the sins of the “whole world”. How should this truth influence the way you conduct yourself in the next week in the following places:

- My workplace
- My neighborhood
- My places of business (stores, restaurants)
- My home

Read 1 John 2:3-17 to prepare yourself for the weekend messages. Write down any initial observations or questions:

*Thank God for His transforming power. Pray that you’ll love Him and others in the same way.*

### **Saturday**

Take the time today to go over any devotions you may have missed and to complete your memorization of this week’s verse. Pray for the ministry this weekend! Thanks!

Some questions this week adapted from Ortberg and Harney, *Love Each Other*; and Coleman, *Serendipity Study Bible*