



Sabbath FOR STUDY

- » **Memory Text:** “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?” (Psalm 27:1, NKJV).
- » **Our Beliefs, no. 9, The Life, Death, and Resurrection of Christ:** “In Christ’s life of perfect obedience to God’s will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God’s law and the graciousness of His character; for it both condemns our sin and provides for our forgiveness.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 115, 116

NO CONDEMNATION

“Sue knew she wasn’t supposed to get into someone else’s belongings, but she just wanted to see the display of her mother’s colorful scarves. Her favorite, the multicolored blue silk, had so many blues and the silver threads in it shimmered when it moved. Sue had reached up to just touch it, but then found herself twirling around with the scarf flowing behind her. “Rip-p-p-p.” Sue stopped and looked at the scarf. There was a huge gash in the once beautiful scarf. Sue decided the best thing she could do was get rid of the destroyed scarf and let mother think the scarf had been lost. Even though it has been many years since this happened and Sue is a mother herself, she thinks and dreams about that scarf. She is still afraid of what her mother would say and do if she ever found out the truth. Sue carries the guilt of disobeying, being deceitful, and lying. She wonders if the terrible headaches she has had over the years are the result of her guilt and fear.”—Kathleen Sowards.

“When we sin, two things usually happen. One is that we become afraid. We are afraid of our sin becoming known and what the consequences will be. And the other, we try to hide what we have done, and sometimes we go so far as to lie to try to cover up our sin. Then we try to bury it. We don’t want to think about what we’ve done, and we don’t want to deal with the guilt of the sin or the hiding of it.

“Jesus pointed out our basic problem to a Pharisee named Nicodemus. He said, ‘Light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed’ (John 3:19, 20, [NKJV]).

“Some people will be lost because they turned away from the light. They are afraid of being exposed. Guilt can never be solved until we acknowledge that we have sinned. Guilt is not to be swept under the carpet. It is a sign pointing us to the cure. People have a chronic problem with guilt only if they keep ignoring it.

“The purpose of guilt is to lead us to the one who takes away the sins of the world (John 1:29). It is to lead us to the Savior, who delivers us from condemnation. Today, let the guilt of your heart lead you to the Savior of your soul. Don’t deny it. Acknowledge it and flee to Him.”—Mark Finley, *Solid Ground*, pp. 239, 240.

Have you ever done something that you were afraid to admit you did? Did you feel guilty? Have you confessed and made right the wrong you did? What was the result?

Sunday RESPONDING

- » Read Psalm 27:1.
- » *Poor Richard*, thought George. *No one likes him, and everyone picks on him.* He wondered if Richard felt bullied.
- » The next day George and his friends went to a festival in the park. There were lots of people, and everyone seemed to be having a good time. George saw a large group of people standing on a hill looking down the other side at a pond. He and his friends went to see what everyone was looking at. At the bottom of the hill next to the pond they saw a group of boys teasing, pushing, and tormenting Richard. Richard would look up at the group of people and call out for someone to help him. But no one did. Put yourself in George’s place. You are watching a group of people terrifying someone unable to defend himself. Watching the attack, you are overcome with feelings of fear, anger over the injustice, and a sense of duty to do something about it. What do you do? Do you step out of the crowd to help? Would you feel guilty for not helping? Would you allow fear to affect your actions? What holds do guilt and fear have on your life?

Monday BIBLE ANSWERS ON THE LIFE, DEATH, AND RESURRECTION OF CHRIST

- » Read Romans 8:3, 4; 1 John 2:2; 1 John 4:10.
- » Jesus is our Savior and Redeemer. Every person, other than Jesus, who has ever lived and will ever live on this earth has sinned. And because of our sins we carry guilt, shame and often fear of our sin being found out. But, Jesus has paid the price for our sin. And if we accept His gift of grace, we are forgiven.
- » How can you let go of any sins you are guilty of hiding?

God’s Love

- » Answer the questions by unscrambling the words in the second column. Write the answers in the third column. Check your answers by looking up the Bible references. References are from the New King James Version.

Whom did Jesus die for?	reveohw seveileb ni miH	John 3:16
Who has power?	noS fo doG	Romans 3:25
The truth about Jesus’ death and life is found where?	eht serutpirCS	1 Corinthians 15:3, 4
Whom does Christ represent?	eht stiufrtsrif fo esoht ohw evah nellaf peelsa	1 Corinthians 15:20-22
What was God doing through Christ?	gnilcnocer eht dlrow ot flesmiH	2 Corinthians 5:19
What did Christ leave us, and what are we to do?	na elpmaxe, taht uoy dluohs wollof siH spets	1 Peter 2:21, 22



Tuesday
REFLECTING

- » Read Psalm 56:3, 4.
- » There are 530 recognized phobias in the world. That translates into a lot of scared people. People have fears of many different kinds—from water to fire to French culture. Maybe you don't have a huge debilitating phobia, maybe you do. But something everyone feels at times is guilt. Guilt has a way of casting a shadow on our lives.
- » Guilt and fear have plagued humanity since the beginning. Adam and Eve hid from God in the garden because they felt guilty for what they had done. Abraham lied to Pharaoh because he was afraid he would kill him and take Sarah.
- » There is only one way to fight these two emotions—trust. Complete trust in Christ. Because only He has the power to forgive and relieve guilt. The Bible says, "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline" (2 Timothy 1:7, NLT). Use that spirit; don't hide behind a dark cloud of guilt and fear. Trust God and use the power He has given you.

Wednesday
BIBLE INSIGHTS

» Match the Bible statement with the correct Bible reference. Bible texts are from the New King James Version.

A. 2 Timothy 1:7	B. 1 John 1:9	C. Matthew 10:31
D. Deuteronomy 20:3, 4	E. Matthew 18:31-35	F. Psalm 103:11, 12

1.	"... I forgave you all that debt because you begged me..."	
2.	"... He removed our transgressions from us..."	
3.	"... for the Lord your God is He who goes with you..."	
4.	"Do not fear therefore..."	
5.	"For God has not given us a spirit of fear..."	
6.	"... He is faithful and just to forgive..."	

Thursday
CONNECTING

- » Read Psalm 23.
- » Review the memory text.
- » As a Christian, you know God is watching and protecting you always. You've heard Psalm 23 read again and again. You know forgiveness is freely given to all who ask. Yet feelings of guilt and fear can have such a hold on your life. You hear terrible things on the news, and suddenly, you're scared to leave the house. You do something wrong and feel guilty for weeks. Wouldn't it be better to simply trust God to help and protect you? Wouldn't it be less stressful just to ask for forgiveness? It's that simple!

Friday
APPLYING

- » Read 1 John 4:18.
- » Someone came up with the idea of "disposable guilt bags." All you had to do to get rid of guilt was to place the bag over your mouth, breathe deep, exhale all your guilt into the bag, and throw the bag away! The amazing thing is that 2,500 kits of "disposable guilt bags" sold for \$2.50 per kit. Is it possible to dispose of guilt this way? The issue of guilt is huge, and it is not something we can fix by blowing into a bag or doing anything else on our own. It is only through Jesus that we can be forgiven and our guilt removed so we can be clean and new.
- » Do you feel guilty about something? This week, open your heart to Jesus, your Best Friend. Share your deepest fears with Him. Give your guilt and fears to Jesus.
- » Unscramble the following Bible verse and answer the following questions. The Scripture passage is from the New International Version.

John perfect not fear has there love the 1 but made fears in do because no love punishment fear 4: who in one love is drives perfect out 18 fear to is with

- 1. What does God not want us to experience? _____
- 2. What does fear bring? _____

- 3. What drives fear out? _____
- 4. Where does perfect love come from? _____
- 5. What do you feel God is calling you to do for Him? _____
- 6. What can you accomplish for God if you allow Him to remove the fear in your heart? _____
- 7. Complete this verse to find out what God has not given us and what He has given us. Choose the correct letter blocks to complete the following words. This verse is found in the King James Version.

or	ot	ut	a	ven	ind	od
irit	wer	ath	ove	und	ar	mothy

"F__ G__ h__ n__ gi__ us the __ sp__ of fe__, b__ of po__, and of l__, and of a so__ m__" (2 Ti__ 1:7, KJV).

