

LIVING
THE WORD

CARIBBEAN BIBLE LESSONS



Leaders

Adults • Ages 19 and Up • Teacher Guide

January • February • March • April • 2024



Praise be to the God and Father of our Lord Jesus Christ!
In His great mercy He has given us new birth into a living
hope through the resurrection of Jesus Christ
from the dead. – 1 Peter 1:3 (NIV)

Adult • Age 19 and Up • Teacher Guide

The *Adult Teacher Guide* provides suggestions for teacher preparation, a step by step teaching plan for adult Bible study, an alternative teaching plan for young adults and suggestions for applying the lesson. Each adult teacher needs a copy of the *Adult Learner Guide* in addition to this *Adult Teacher Guide*.

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EDITOR'S CORNER

Dear Teachers of Adults,



A blessed and happy New Year to You All. Your continued engagement for 2024 with the **Caribbean Bible Lessons Bible Leaders Teacher Guide** reinforces your commitment to the ministry of the Sunday school. Being used by God in such an important ministry may be viewed as a privilege, which should be embarked on with humility and total surrender to God's will and purpose. Our relationship with God is of paramount importance, because there ought to be congruence between what is taught and the life that is on display. It is through our actions that others will be convinced of our sincerity and thereby be strengthened in their faith.

The beginning of the year provides an opportunity to review previous objectives and their outcomes. It is always useful to evaluate the strategies and methods used, in order to determine the extent to which they were effective in achieving the goals which were set. Where the evaluation reveals shortcomings, then adjustments will be necessary. Note however, that even when the set goals have been achieved, one should guard against complacency. Be reminded that there is always room for improvement.

In striving to give of your best, examine critically areas which require strengthening. Where there is need for refresher courses, these can be communicated to the Sunday School superintendent. Additionally, sharing best practices with other teachers can enhance your effectiveness.

Pay special attention to the level of participation of your adult students. Avoid the tendency where a few students are always engaged, while others remain silent. Encourage the students who are more reserved to contribute in ways which will not make them uneasy. Small group discussions or activities are also useful in building confidence. Another approach is to assign sections of the **Lesson** to individuals or small groups to prepare before class. This will provide an additional nudge to prepare more fully for their contribution to the class.

This edition of **CBL Bible Leaders Teacher Guide** bids us start the New Year with a clean heart, mind and spirit. **Unit 1** emphasises each person's need to seek God's forgiveness, forgive others and engage in self-forgiveness. The **Unit** is titled, **Blueprint for Forgiveness**.

Unit 2, Matters of the Mind, examines biblical principles and practices as well as contemporary examples of exercising good, Christian stewardship of the mind. A call to engage in **Living Genuine Faith** is the focus of **Unit 3**, which is a study of the Epistle of James. The study has minor supporting Scripture from other books of the Bible.

Unit 4 explores Jesus' resurrection and some of His parables to guide us in understanding the effect of faith in Jesus. The **Unit** is dubbed, **The Jesus Impact**.

Be bold risk-takers for God! May God continue to bless and guide you.

Yours in the Lord's service,

Joan M. Mars

MEET OUR WRITERS

UNIT ONE: Cheryll Strachan, The Bahamas

Dr. Strachan is actively involved with various ministries of the church in The Bahamas, including the Sunday School and music ministries. This has been her chosen path, since giving her life to Christ during her youth. Dr. Strachan has post-graduate level expertise in Christian leadership. This poet and playwright has surrendered her talents to God to be used in His service. Over the years, some of Sister Strachan's poems have been published as part of the Caribbean Bible Lessons for adults.



UNIT TWO: Joan Purcell, Grenada



Mrs Purcell finds joy in imparting God's Word through the mentoring of women, conducting leadership and discipleship training and writing Christian literature. An author of several books, Sister Purcell finds it quite a humbling experience to be used by God to touch the lives of families through the writing of Christian literature. This former Member of Parliament who has served both government and opposition in her country is now fully focused on growing every day, in knowing God, others and herself; as she teaches God's Word.

UNIT THREE: Genevieve McMaster, British Virgin Islands

Ms McMaster has a zeal for teaching others about God's Word and His purpose for their life. That fervour has seen her serving in various ministries of her church on the island of Tortola. She is a teacher of adult Sunday School and an educator by profession. Sister McMaster explains that writing adult Sunday School Lessons has challenged her to be more committed to prayer, studying the Bible and listening keenly to the Holy Spirit. She is devoted to allowing the Lord to guide her in helping to improve the welfare of adults.



UNIT FOUR: Yolanda Brathwaite, Barbados



Mrs Brathwaite has a burning desire to assist at-risk young people and women to find their place in the kingdom of God. She is actively involved in the ladies' ministry at her church and across the island of Barbados. A retired educator who worked with children with behavioural challenges, Sister Brathwaite is focused on helping youth, young adults and women of all ages realise that God uniquely prepares them for service through the use of their spiritual gifts. Having faced several life-changing crises in her life, Mrs Brathwaite is convinced that God restored her and she understands the need to be honest and available to others, and obedient to God's call.

Gratitude in a Nutshell

At the beginning of the New Year, it is customary for human beings to give thanks. Almost by rote, expressions are directed to God for “sparing life to see another year”. As Christians, we are exhorted to “Give thanks for everything.” (1 Thessalonians 5:16, 18.) God, our Creator, is the source of all good things and we ought rightly to acknowledge His goodness towards us. What is the importance of gratitude? Are there benefits to be derived from cultivating an attitude of gratitude? How would you rate your Gratitude Index? .

Gratitude is defined as “the state of being grateful; thankfulness. (Dictionary.net<https://www.dictionary.net>) Gratitude can also be described as an attitude of valuing life as a gift, as well as a moral affect that arises from and inspires behaviour motivated by a care for the well being of others. (McCullough et al., 2001). The American Psychological Association defines gratitude as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift. Gratitude is therefore demonstrated in certain behaviours in response to experiences that are seen as; “useful, meaningful or beneficial”

Types of Gratitude

Some psychologists identify three categories of gratitude:

1. **An “affective trait”**, that is, an overall tendency to have a grateful disposition
2. **A mood** , which may see daily fluctuations in overall gratitude,
3. **An emotion**, a temporary feeling of gratitude which may be experienced after receiving a gift or a favour from someone.

How would you describe your state of gratitude?

Some Ways to Cultivate Gratitude

- Be intentional; take notice of all the positive things in your life.
- Be aware of any preoccupation with negativity and complaining.
- Keep a gratitude journal. Each day write down for what you are grateful. This will help you identify and reflect on people, things, or events for which you are thankful.
- Practise humility. Recognise that sources of goodness lie outside the self. One can be grateful to our Creator, other people, animals, and the world, but not to oneself.
- Be ready to show appreciation for and to return kindness to others.
- See the silver lining in every situation. Remember our God always works on our behalf, even in situations which seem gloomy
- Write your prayers of thanksgiving. In so doing, you are better able to focus.

As you look forward to **2024**, for what experiences in the past year are you thankful? How will you demonstrate your gratitude in 2024? Ensure that your expressions of gratitude reflect your faith in God.

UNIT ONE OVERVIEW

No Forgiveness—No Fellowship

Unit Aim: To encourage adults to employ self-examination for a deeper understanding of the part forgiveness plays in achieving spiritual and emotional wellness, and overall improvement in our personal wellbeing.

Lesson 1: No Forgiveness—No Fellowship

The Lesson explores the role forgiveness plays in God’s divine plan of salvation for humankind in and through Jesus Christ. It promotes each person’s need to ask for God’s forgiveness; forgive others and engage in forgiveness of self. Lesson 1 cautions that without forgiving others, we cannot experience God’s forgiveness, as well as have true fellowship among Christian brethren and people everywhere.

Lesson 2: Forgive Yourself

By highlighting the need for forgiving oneself, the second Lesson indicates that unwillingness to forgive oneself for confessed sin of which God has forgiven one, will hinder one’s spiritual growth and personal development. The Lesson outlines that when a person has God’s perspective on his or her life and problems, that person will forgive himself or herself over confessed sin, in keeping with God’s requirements for us. The study outlines the negative ways in which unforgiveness of self can impact our life.

Lesson 3: Engage in Selfless Fellowship

Lesson 3 will guide adults to realise the significance of engaging in selfless fellowship with their brethren. It encourages the adults to apologise to someone whom they have wronged and identify a selfless act, which they can do for that person. The third Lesson also appeals to members to initiate expressions of encouragement to someone with whom they have a strained relationship.

Lesson 4: Choose to Forgive—Choose Harmony

Loving all with whom we interact is central to Jesus’ teachings and is a command which Jesus has given Christians. That is the central message of the final Lesson in January 2024. Using the parable of the unmerciful servant, Lesson 4 teaches that God will punish us when we do not show forgiveness to others. It emphasises that when we love our enemies, we demonstrate that we are really God’s children.

No Forgiveness—No Fellowship

Desired Outcome

By seeking God's forgiveness then identifying and forgiving persons who have hurt them, adults will demonstrate an awareness that humankind has a God-given need for closeness and fellowship with God.

PREPARE FOR SUNDAY

- 1 John 1:8-9; Genesis 3:4-8, 16-19; Numbers 14:18-23; Ephesians 2:4-9; Matthew 6:9-15
- **For Introduce the Lesson:**
 - 1) Prior to Sunday, assign an adult to relate the **THAT'S LIFE** story.
 - 2) Know the **Unit** and **Lesson** titles and the essence of the **Lesson**.
 - 3) Study the information in **A DEEPER LOOK**.
- **For BIBLE STUDY:**
 - 1) Make a **chart** depicting the information in **A DEEPER LOOK**.
 - 2) Be familiar with **Section 1 (LG)**.
 - 3) Know the **KEY VERSE**.
- **For LIVING THE LESSON:**
 - 1) Make a sample of the **two-column tables** which you will ask them to draw.
 - 2) Provide **writing paper; pens; pencils**.

TRUTH FOR THE DAY

We cannot experience fellowship with God, unless we genuinely ask for His forgiveness of our sin and forgive others for hurting us.

A DEEPER LOOK

Forgive — To pardon an offence or an offender; to stop feeling anger or resentment towards someone who has hurt you or someone else.

Forgive — The Greek word for *forgive* is **Aphiemi**. It means to let go; release someone from a debt, obligation or vow; to set free (Acts 3:19; Psalm 103:12; Jeremiah 31:34)

Forgiveness — The act of pardoning someone for a mistake, wrongdoing, sin. A disposition or willingness to forgive.

Fellowship — The Greek word for fellowship is **koinonia** which means close association, intimacy, joint partnership, joint participation, spiritual union, shared contribution.

Salvation — Deliverance from the power and penalty of sin; the state of being saved or protected from harm, risk (www.theopedia.com).

TOGETHER ON SUNDAY

Introduce the Lesson 5 minutes

Welcome the members and wish them a Happy New Year. Define the terms "*forgive*" and "*forgiveness*" using information from **A DEEPER LOOK**. Introduce the name of the **Unit** and **Lesson**. Tell the adults that the **Unit**, including today's **Lesson**, will challenge them to consider the ongoing role that forgiveness plays in spiritual growth and personal development.

Allow the assigned member to relate the **THAT'S LIFE** story. Invite answers to the questions related to the story.

BIBLE STUDY 25 MINUTES

Have two volunteers to read **Genesis 3:4-8, 16-19; Numbers 14:18-23**. Have the adults share their perspectives on what they have learnt about God's forgiving nature from the two passages. After their responses, point out that although Adam and Eve realised that they had

sinned and disobeyed God's command not to eat of the Tree of knowledge of good and evil in the Garden, they did not ask God for forgiveness. Ask the class if they think the world would be a different place had Adam and Eve asked for forgiveness. Indicate that we have inherited the sinful nature of Adam and Eve and that is one reason why we need God's forgiveness.

Point out that, often, although guilty of sin against God, sometimes we want to make excuses or blame someone else for what we have done. State that we have a tendency not to want to accept responsibility for our own wrongdoing. Say that this attitude causes us to fall out of fellowship with God, just like Adam and Eve. Emphasise that we need to acknowledge our wrongs before God and seek His forgiveness.

Use Section 1, paragraphs 3-4, to discuss Numbers 14:18-23. Point out that God demonstrates His mercy and forgiveness not just to the Israelites, but to us also.

Have the class examine **Ephesians 2:4-9** and **1 John 1:8-9**. Then, have them repeat the **KEY VERSE** aloud. **Ask:** *What is your understanding of the passages we just examined; one of which includes the KEY VERSE ?* After two answers, draw their attention to the **chart** with the definitions. **Ask:** *How are forgiveness, salvation and fellowship inter-related?* Take a few answers.

Explain that no effort by sinful humankind could achieve or pay the cost to achieve forgiveness. State that this cost was paid by Christ giving up His life on Calvary. Emphasise that through God's grace, His undeserved favour, we are brought back into fellowship through Jesus. Remind them that salvation from sin is not by our works so that no one of us can boast about it (Ephesians 2:8,9).

Discuss Matthew 6:9-15. Ask: *Most of the time, how do you respond to people who have hurt you?* After the answers, outline that God expects us to forgive them, no matter what they have done to us. Caution, however, that forgiveness does not mean if someone has committed a criminal offence against us, he or she should not face the legal system. Also, warn that sometimes we forgive persons, but they continue to do evil acts; so, we might have to refuse to be close friends of theirs, in an effort not to fall prey to their sinful influences.

Note that forgiveness does not mean we should condone the wrong done against us or pretend that the wrong does not exist. Say that we should condemn the wrong and acknowledge the hurt it caused us, but love the offender.

Highlight that forgiveness of others is a condition for us receiving forgiveness from Jesus. State that we owe it to our Lord and our relationship with Him, to practise forgiving others at all times.

LIVING THE LESSON 10 MINUTES

Invite adults to draw a **two-column table** on each side of their **paper**. On **Table 1** they should write as the respective **column-heading**: **"Sins I have committed against God"**; **"My Response"**. In the **"My Response"** column, opposite each sin, they should write, **"Lord, I ask for Your forgiveness"**.

On Table 2, they should put as the heading of the **columns**, respectively: **"People I Need to Forgive"**; **"My Response"**. In the **"My Response"** column, opposite each person's name, they are to write the words: **"I Forgive you because Christ has forgiven me"**. Allow for silent **prayers** of confession.

FOR YOUNGER ADULTS

PREPARE FOR SUNDAY

• 1 John 1:8-9;
Genesis 3:4-8, 16-19;
Numbers 14:18-23;
Ephesians 2:4-9;
Matthew 6:9-15

• For Attention Getter:

1) Familiarise yourself with the story in **THAT'S LIFE** (LG).

2) Prior to Sunday, assign four young adults to do a **role play** of the characters from the **THAT'S LIFE** story.

3) Create a **chart** with the information from **A DEEPER LOOK**.

4) Use the **chart** information to aid your discussion.

• For BIBLE STUDY OPTION:

Be knowledgeable of all the Scripture references.

• For APPLICATION:

1) Reflect on the **LIFE QUESTION** and possible answers.

2) Provide *strips of paper, pencils; a box*

3) Pay keen attention to **paragraphs 6-7** of the **BIBLE STUDY** (TG).

ON SUNDAY!

Attention Getter 5 minutes

Welcome the young adults and extend wonderful New Year wishes. Invite the four assigned young adults to **role-play** the characters from **THAT'S LIFE** (LG) story: Miss Pitt, Ricardo and the policemen who visited the house to arrest Ricardo. Elicit answers to the related questions. **Use** the information from **A DEEPER LOOK** which is noted on the **chart**, to discuss what it means to *forgive*, experience *forgiveness, salvation and fellowship* with God. Mention that today's lesson will take a look at these terms in the biblical context, with a view to relating them to our life and relationship with God and others.

BIBLE STUDY OPTION

Lead the class in examining **Ephesians 2:4-9; 1 John 1:8-9; Matthew 6:9-15**. Emphasise that we need to acknowledge our wrongs before God and seek His forgiveness, if we are to have a close relationship with God.

Comment on Ephesians 2:4-9 to show that though we were spiritually dead in sin, God, through His Son Jesus, made the way possible for us to be brought back into fellowship with Him. Say that acceptance of this grace offered to us is the only way that we are saved.

Cite Matthew 6:9-15 to reinforce that forgiveness of others is absolutely necessary for us to experience forgiveness from and fellowship with God. Emphasise that the willingness to forgive others is evidence of a repentant heart.

APPLICATION 20 MINUTES

Have the young adults take three minutes to reflect on the **LIFE QUESTION** and the entire **Lesson**. Next, invite volunteers to share their answers to the **LIFE QUESTION**.

Instruct the young adults to write on *strips of paper*, some wrongs that have been committed against them. Have them drop the strips in a box. Recruit volunteers each to select a strip from the **box** and after reading it aloud, say what they think should be done in each case. At the end of the exercise, note that no matter what wrong has been committed against them, God expects them to forgive the offender. Use **paragraphs 6-7** of the **BIBLE STUDY** (TG) to support the discussion.

Point out that when we forgive we let go of anger, rage, bitterness, revenge, hate and malice towards others. Advise the young adults that as part of the healing and forgiveness process, sometimes they may need psychological counselling to help them get over the hurt they experienced.

SELF-ASSESSMENT FOR 2024

HOW do your goals for yourself and your ministry to adults for 2024 align with the plans God has for you? Check yourself to ensure you are walking in God's purpose for your life. Write your answers in the diagram below.

God's purpose for me is:

My dreams for improving my ministry to my adult Sunday School students during 2024 are:

My greatest dream for myself is:

I Dare to Live Sacrificially For God This Year!

My dreams for improving our entire Sunday School this year are:

In order to fulfil my dreams in keeping with God's purpose I must:

Forgive Yourself

Desired Outcome

By praying about any feelings of self-unforgiveness which may be bothering them, adults will demonstrate that they recognise that unwillingness to forgive themselves for confessed sin of which God has forgiven them, will retard their spiritual growth and personal development.

PREPARE FOR SUNDAY

- Jeremiah 31:3, 33-36;
- 1 Peter 5:4-10;
- 2 Corinthians 2:5-8;
- Philippians 2:12-16;
- *1 Timothy 1:15
(*Not in LG)

• For Introduce the Lesson:

- 1) Reflect on the LIFE QUESTION.
- 2) Prepare to share any experience in which you harboured self-unforgiveness.

• For BIBLE STUDY:

- 1) Study the assigned Scripture and KEY VERSE.
- 2) Consider the ways in which unforgiveness can impact persons.
- 3) Know the difference between **godly sorrow** and **guilt**, as outlined in For APPLICATION, bullet 3, page 12 (TG). Include the information in your discussion.

• For LIVING THE LESSON:

Provide writing paper and pens.

TRUTH FOR THE DAY

Forgiving yourself over confessed sin shows humility, true surrender to God and a sound belief in His cleansing power.

A DEEPER LOOK

TOGETHER ON SUNDAY

Introduce the Lesson 5 minutes

Welcome the members. Invite volunteers to share their answers to the LIFE QUESTION. Ask the volunteers to give reasons for their answers. Do not comment on their answers. If you feel led, share your answer or testimony with the class.

Assert that, today, we will explore that if we want to have a close relationship with God, we have to accept His forgiveness by faith. Note that the Lesson will also point out that if we believe God's forgiveness, then we will forgive ourselves.

BIBLE STUDY 20 MINUTES

Lead the class in examining **Jeremiah 31:3, 33-36; 1 Peter 5:4-10**. Explain that the Scripture passages highlight God's love and His promises to forgive us from sin, if we surrender the sin and our life to Him. State that God also takes our hurts and insecurities and helps us to forgive ourselves.

Ask: *How can unforgiveness of ourselves over sins, which we have already confessed to God, affect us?* Allow volunteers to list their answers on the **newsprint** or whiteboard available. Possible answers: *No genuine fellowship with God, unhappiness, depression, guilt, shame, low self-esteem, suicidal tendencies and other self-destructive behaviour, seeking solace in substance abuse.*

Point out that feelings of guilt and shame are often the root causes for many other behaviours that some persons may engage in such as alcoholism, drug abuse, promiscuity, suicide, selfishness and greed. Indicate that the inability to forgive oneself for a sin committed, consciously or unconsciously

often leads to the aforementioned habits. Often treatment is given for the outward manifestation, such as the behaviours mentioned before, but nothing is done to deal with the reason(s) for the behaviour.

Use Jeremiah 31:3, 33-36; 1 Peter 5:4-10 to highlight God's perfect trustworthiness in forgiving our sins and restoring us to a right relationship with Him. Point out that our sins have been forgiven, and God remembers them no more after we have been honest in confessing them to Him. We should also confess to God our sense of guilt and shame for past sins and seek His forgiveness. Cite **1 Timothy 1:15** to reinforce God's trustworthiness in forgiving us. Mention that the only reason we should remember our sins is to remind us to forgive others in the same way we were forgiven by God.

Mention that apologising to those we have wronged and providing restitution, if it is necessary, are godly steps we can take in trying to be reconciled with those we have hurt. State that such steps also help us in forgiving ourselves. Note that God's forgiveness is not contingent on whether or not we have apolo-

gised to or compensated those we have hurt. Highlight that God provides us with forgiveness as a gift, if we are truly sorry for the wrong we have done and seek Him earnestly on the matter. To underscore God's forgiving nature, have the class repeat aloud the **KEY VERSE**.

Assign two adults to read **2 Corinthians 2:5-8; Philippians 2:12-16**. Comment that the Corinthian passage warns us not to treat Christians who have sinned with contempt. State that the portion of Scripture appeals to the church to restore repentant believers and to show them unselfish love—agape love. Such an approach is necessary so that the believers will understand God's forgiveness for them and also understand that God expects self-forgiveness.

Cite Philippians 2:12-16 to point out that when we have God's perspective on ourself, on our problems and on others, we will not find it hard to forgive ourself. State that such a perspective also helps us refrain from indulging in constant complaining. Our life will then bring glory to God for His gifts of grace, forgiveness and mercy.

LIVING THE LESSON 15 MINUTES

Instruct the adults to write on a sheet of **paper**, any sin or wrong which they have confessed to God, about which they still feel that He has not forgiven them. Advise them to pray silently in faith, confessing what they have written. Ask them to also surrender to God in prayer, any guilt and shame they have been experiencing.

Ask them to write on the other side of the **paper**, the name(s) of person(s) to whom they need to apologise, concerning any wrong they committed. Tell them to make arrangements to meet with the person(s) or send the person(s) a letter. Say that such a move may allow for reconciliation in their relationship with the person(s), but not in all cases.

FOR YOUNGER ADULTS

PREPARE FOR SUNDAY

• Jeremiah 31:3, 33-36;
1 Peter 5:4-10;
1 Corinthians 2:5-8;
Philippians 2:12-16;
*1 Timothy 1:15
(*Not in LG)

• For BIBLE STUDY OPTION:

1) Know the assigned Scripture passages.
2) Be familiar with the **KEY VERSE**.
2) Be knowledgeable of **paragraphs 2-5** of the **BIBLE STUDY (TG)**.

• For APPLICATION:

1) Know **THAT'S LIFE**.
2) Prior to Sunday, assign members to do a **skit** based on **THAT'S LIFE**.
3) Know the following **definitions**: **i) Godly sorrow** – Intense remorse over one's sin and a heartfelt conviction that one is sorry that one has offended God. (2 Corinthians 7:8-9). **Godly sorrow** results in repentance. **ii) Guilt** – A sense of shame at personal wrongdoing; a feeling of responsibility for an offence or wrongdoing.
4) Plan to have the young adults write a **prayer** or a **letter** of confession.
5) Provide *paper, pens and pencils*.

ON SUNDAY BIBLE STUDY OPTION

Invite two volunteers to read **Jeremiah 31:3, 33-36; 1 Peter 5:4-10**. Have the young adults repeat the **KEY VERSE**. **Ask**: *If you believe the KEY VERSE and the passages read earlier, how should that belief affect your life?*

Relate that before Jesus came, people had to sacrifice the best lambs for their sins several times per year and those sacrifices had to be made by a priest. Elaborate that since Jesus, the perfect Lamb of God, sacrificed His life for us, when we realise we have committed sins, we should express sincere remorse over our sin and seek Jesus' forgiveness. We should also have a repentant heart—one that is committed to honouring God with our lifestyle and not engaging in sin. Emphasise that when God has forgiven us, we should also forgive ourselves for committing the confessed sin. Highlight the major points mentioned in the **BIBLE STUDY (TG)**, **paragraphs 2-5**.

Summarise 2 Corinthians 2:5-8. **Say**: *Give some examples of instances in which a church or individual Christians treated Christians who have sinned with contempt even after the offenders repented?* Caution against being judgemental of Christians who commit sin. Discuss agape love, the kind to which apostle Paul referred as unselfish love and concern for another and a willingness to seek the best for another believer. Emphasise that this type of love is needed among Christians in our churches. Explain that depending on the rules of individual churches, the church in some instances may take disciplinary action against the offending Christian. Note that, however, once the believer is repentant, the church should offer guidance and encouragement to him or her, so as not to cause that Christian to feel alienated, unloved and unforgiven by God (v. 7).

APPLICATION 20 MINUTES

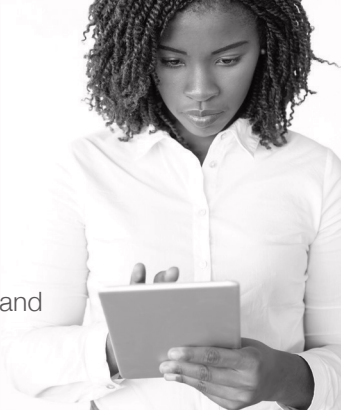
Invite the selected persons to dramatise the **THAT'S LIFE** story (LG). **Ask**: *How did you feel and what thoughts did you experience as you watched the skit?* Then, request and discuss answers to the questions related to the **THAT'S LIFE** story. Highlight the difference between *godly sorrow* and *guilt*. Encourage members to have *godly sorrow* over their sin.

Direct the adults to write a **prayer** or a **letter** to God, confessing and repenting about any sin they committed recently, confessed previously but did not feel forgiven about, any guilt they are experiencing over the confessed sin. Follow the instructions in **paragraph 2** of **LIVING THE LESSON (TG)**.

Close with silent prayers using the **prayers** and **letters** written earlier.

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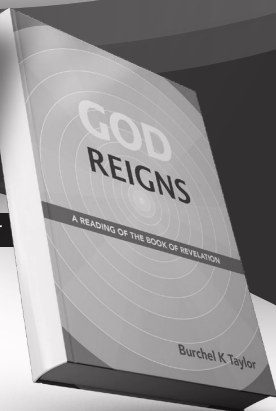
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