

MY FIRST YEAR IN CHRIST • WORKBOOK 1

Dealing with Sin and Guilt

Lesson 6

Monday Night Study • June 1, 2026

LESSON 6

Let's watch.

Teaching video · 12 minutes

BIG IDEA

Guilt is forgiven at the cross. Shame is healed in the light, among people who know the whole truth about you.

CORE SCRIPTURE

“If we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.”

— 1 John 1:7

CORE SCRIPTURE

“Therefore, confess your sins to one another and pray for one another, so that you may be healed.”

— James 5:16

KEY CONCEPT 1

Lesson 2 dealt with the verdict that doesn't move.
This lesson deals with the _____ that's still there even
after the verdict is settled.

Take a guess — then we'll fill it in.

KEY CONCEPT 1 • ANSWER

Lesson 2 dealt with the verdict that doesn't move. This lesson deals with the **wound** that's still there even after the verdict is settled.

KEY CONCEPT 2

Forgiveness is what the cross does.

_____ is what the body of
Christ does.

Take a guess — then we'll fill it in.

KEY CONCEPT 2 • ANSWER

Forgiveness is what the cross does. **Healing** is what the body of Christ does.

KEY CONCEPT 3

Walking in the light, first of all, is vertical — honest with God. Walking in the light with one another is _____ — honest with someone you trust.

Take a guess — then we'll fill it in.

KEY CONCEPT 3 • ANSWER

Walking in the light, first of all, is vertical — honest with God. Walking in the light with one another is **horizontal** — honest with someone you trust.

KEY CONCEPT 4

Shame's whole strategy is _____: "if they knew, they wouldn't love you."

Take a guess — then we'll fill it in.

KEY CONCEPT 4 • ANSWER

Shame's whole strategy is **isolation**: "if they knew, they wouldn't love you."

KEY CONCEPT 5

The shape of a maturing Christian's life isn't
sinlessness. It's a shorter

Take a guess — then we'll fill it in.

KEY CONCEPT 5 • ANSWER

The shape of a maturing Christian's life isn't sinlessness. It's a shorter **return trip**.

OPENING QUESTION

1

Before tonight, when you thought about sin and guilt, was it usually the act you focused on or how you felt about yourself afterward? Where do you think you learned that?

OPENING QUESTION

2

Has there been a time when you knew, intellectually, that you were forgiven — but couldn't shake the feeling that something was still wrong? You don't have to give specifics — just name whether you've been there.

CORE QUESTION

3

The lesson distinguishes guilt ("I did wrong") from shame ("I am wrong"). Without naming specifics, which one tends to take up more room in your head after you sin? What does that one sound like?

CORE QUESTION

4

The lesson says walking in the light is, first of all, vertical — honest with God. What's your honest first move when you become aware of having sinned: do you go toward God with it, or away from him before you do anything else?

CORE QUESTION

5

James 5:16 says, "Confess your sins to one another, that you may be healed." Why do you think James used "healed" there instead of "forgiven"? What does that distinction open up that we might miss otherwise?

DEEPER QUESTION

6

The lesson says shame's strategy is isolation: "if they knew, they wouldn't love you." Where has that voice talked to you the loudest? You don't have to share the content — just name where it shows up in your life.

DEEPER QUESTION

7

Is there one person in your life right now to whom you could say something hard about yourself, knowing they wouldn't flinch? If yes, what's it like having them? If no, what's been in the way of building toward one?

Three prompts. On your own.

- 1 Think about a recent sin you confessed to God and believed he forgave you for — but that you still flinch when you remember. What is it about that memory that lingers? Why do you think it's still there?
- 2 The lesson distinguishes godly grief (the kind that puts you in motion toward repentance) from worldly grief (the kind that just spirals into "I'm hopeless"). Which one have you been more familiar with?
- 3 Make a list of the people in your life who might be a "trustworthy hearer." For each, write a sentence about what makes you trust them — or what might be in the way.

15–20 minutes. Honest, not polished. No one else reads these.

THIS WEEK • WEEKLY PRACTICE

Practice the return trip.

Three moves. Same order every time.

When you become aware of a sin this week — and you will — try this rhythm: name it plainly to God in one sentence, receive what's already been done at the cross, and if shame is still there afterward, bring it to the one person who can hear it without flinching.

NEXT WEEK

Lesson 7

Becoming Like Jesus

Same time, same room. Bring your handout.

Monday, June 8, 2026

Let's close in prayer.

Thanks for being here tonight.