



April 19, 2026 | Dr. Jimmy Stewart

Jesus Changes Everything

Shame → Forgiveness

Scripture: Genesis 3:7–10; Psalm 32:1–5; Matthew 9:1-8; 1 John 1:7–9; Psalm 51:1-17

Spotlight: Forgiveness removes shame and restores joy.

Summary: Shame entered the human story the moment sin entered the human heart. In the garden, Adam and Eve hid because guilt made them afraid and shame made them cover themselves. But God does not want sinners to remain hidden in their shame. David testifies that when sin is confessed, forgiveness brings relief, cleansing, and joy. In Christ, that forgiveness is complete. Jesus changes everything by revealing the truth of God’s Kingdom, bringing us out of hiding, washing away our sin, and restoring our fellowship with God. **What shame tries to bury, grace brings into the light and heals.**

1. Your sin produces shame and makes you try to hide from God.

Genesis 3:7–10

7 At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

8 When the cool evening breezes were blowing, the man[a] and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9 Then the Lord God called to the man, “Where are you?”

10 He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.”

- The first effect of sin was not freedom, but *exposure*.
- Shame makes sinners hide from the only One who can heal them.

2. Your confession opens the door to forgiveness and unspeakable joy.

Psalm 32:1–5

1 Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!

2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!

3 When I refused to confess my sin, my body wasted away, and I groaned all day long.

4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.

5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.

David shows both sides of this. When he kept silent, he was miserable. When he confessed, God forgave his sin and joy exploded.

- *The weight of sin you hide will crush you, but the sin you confess God will forgive.*

Matthew 9:1-8

3. Jesus cleanses completely and brings those who confess their sin into the light and fellowship.

1 John 1:7–9

7 But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. 9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

We are forgiven because Jesus shed His blood for sinners who confess and repent.

- Jesus does not manage your shame—He removes your sin and with it all shame.
- You do not have to keep punishing yourself for what Christ died to forgive.

Do not carry what Jesus died to remove.

Do not hide from God who comes looking for you.

Do not live crushed under guilt and shame when Christ offers complete forgiveness. Come out of hiding. Come clean before God. Come to Jesus. He forgives completely.

Psalm 51:1-17

Next Steps: You don't have to carry shame anymore—Jesus forgives completely.

Life Application:

1. When are you most tempted to hide from God instead of being honest with Him?
2. How has shame for sin affected your relationship with God, others, and even yourself?
3. What does Psalm 32 teach you about the emotional and spiritual cost of unconfessed sin?
4. Why is confession so difficult, and what lies does shame convey to keep you silent and hiding?
5. What does it mean that the blood of Jesus cleanses us from all sin? Describe the difference between covering/hiding your sin in shame and your sins being covered by the blood sacrifice of Jesus.
6. Are you living like a person who has been forgiven, or are you still carrying shame for your sins Christ has already paid for?
7. What would it look like this week to walk in the light instead of hiding in shame? What would you need to do to come out of hiding and come into the light?