

2025 Fall Bible School Class #4 & 5

A Look at some Difficult, Important Topics in the New Testament

- Do I need to forgive myself?
- What is the essence of the sin nature?

Do I need to forgive myself?

A Christian friend of yours has come to you and says he has discovered the benefits of self-forgiveness. He explained that he has done some research and recommends you apply the “truths” he found in your life. He is compelling but you want to check it out. Here are some of his arguments.

Give a Biblical response using word search, concordance, in a bible app. You can use Google or an AI to search for information on phrases or topics. Check the biblical accuracy.

The Psychological Benefits of Self-Forgiveness

- *Self-worth restoration*: By acknowledging our *humanity* and *imperfections*, we **rebuild** self-esteem and **reclaim** our sense of worth. (note-the assumption is that we need to _____ our self esteem and _____ our sense of worth)

Class - What words do you not understand, or your understanding does not come from the bible?

1. Search the bible for the words. (Hint-if they're not there **probably** not important or possibly unbiblical. _____)

2. Collaborate with knowledgeable friends. _____

3. Ask a reliable AI “what does the bible say about _____?” Be careful and compare answers to scripture using our bible interpretation approach, What is God’s purpose, Words matter, Context is critical.

- Emotional healing: Letting go of guilt and shame reduces anxiety, depression, and stress. It allows us to move forward instead of being stuck in a loop of self-condemnation.

Group #1 _____

- Improved relationships: When we forgive ourselves, we stop projecting our inner turmoil onto others. This leads to healthier, more empathetic interactions.

Group #2 _____

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- Resilience and growth: Self-forgiveness fosters a growth mindset. It helps us see mistakes as learning opportunities rather than permanent stains on our character.

Group #3 _____

Why We Struggle to Forgive Ourselves

- High *self-expectations*: We often hold ourselves to impossibly high *standards*, expecting *perfection* even when we accept that others make mistakes.

Group #1 _____

- *Internalized shame*: Unlike *guilt* (which is about actions), *shame* targets our *identity*—making us *feel fundamentally flawed*. This makes self-forgiveness harder because it *feels like we're excusing who we are*, not just what we did.

Group #2 _____

- *Fear of letting go*: Some people believe that *holding onto guilt* is a form of accountability. They worry that *forgiving themselves might mean they're minimizing the harm* they caused.

Group #3 _____

What the Bible has to say (or not) about forgiving yourself.

God's forgiveness is complete: Verses like 1 John 1:9 "If we confess our sins, He is faithful and just to forgive us..." and Psalm 103:12 "As far as the east is from the west, so far has He removed our transgressions from us" emphasize that once God forgives, the sin is truly gone.

Living in freedom in Christ alone: Romans 8:1 declares, "There is now no condemnation for those who are in Christ Jesus." This invites believers to release guilt and shame, not because they've earned it, but because Christ has paid for it.

Repentance and restoration: The story of David (Psalm 51) shows a man who deeply repents, receives God's forgiveness, and continues to serve with a renewed heart, no other steps are necessary. His journey reflects the emotional and spiritual healing that follows divine forgiveness.

Why It Matters. Christ is sufficient!

The Bible doesn't use the phrase "forgive yourself," it does call believers to:

- Accept God's forgiveness fully. Denying that His forgiveness is adequate says Christ's work on the cross was inadequate.
- Let go of guilt that God has already removed by the blood of Christ.
- Live as new creations, not defined by past failures. Walking in the identity of a redeemed child of God.
- Refusing to hold onto what God has promised to remember no more.
- Trusting that Christ's sacrifice covers your sin.

Most false teaching at some point will diverge from the teaching that who Christ is and what He has done on the cross is sufficient.

What is the essence of the sin nature?

Words used for or descriptions of the sin nature in the Bible:

Flesh - Refers to the human tendency toward sin and moral weakness.

Romans 7:18 – "I know that nothing good lives in me, that is, in my flesh..."

Old Self / Old Man - The unredeemed human nature or flesh before salvation

Ephesians 4:22 – "Put off your old self, which is being corrupted..."

Sinful Nature - Directly describes the inner inclination to sin.

Romans 7:18 – “I have the desire to do what is good, but I cannot carry it out.”

Heart (when described as deceitful) - Symbolizes the inner moral center, often corrupted

Jeremiah 17:9 – “The heart is deceitful above all things...”

Desires of the Flesh - Lusts or cravings that oppose God’s will

Galatians 5:16–17 – “The flesh desires what is contrary to the Spirit...”

Law of Sin - A principle or force within that drives sinful behavior

Romans 7:21–23 – “I see another law at work in me...”

Evil Desire - Temptation arising from within

James 1:14 – “Each person is tempted when they are dragged away by their own evil desire...”

Why should we be concerned with this question?

The frequency of the term in scripture.

At least _____ times.

The relevance of the issues related to our sin nature.

We all, including Paul, have a _____ with the sin nature.

The impact on our lives, _____, if we gratify the desires of the flesh.

Galatians 5:15-17 For the whole law is fulfilled in one word: “You shall love your neighbor as yourself.” ¹⁵ But if you bite and devour one another, watch out that you are not consumed by one another. ¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Where did the sin nature come from?

Submitting to temptation which is _____.

Genesis 3:1-7a Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” ² And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, ³ but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” ⁴ But the serpent said to the

woman, “You will not surely die. ⁵ For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” ⁶ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. ⁷ Then the eyes of both were opened, and they knew that they were naked.

What were the temptations? _____

What are the basic attributes of the sin nature?

Genesis 3:7b And they sewed fig leaves together and made themselves loincloths.⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ But the Lord God called to the man and said to him, “Where are you?” ¹⁰ And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” ¹¹ He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” ¹² The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” ¹³ Then the Lord God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.”

How does this help us?
