

**BOTTOM LINE: Shame causes us to hide, but conviction can draw us closer to God.**

## MATERIALS NEEDED

- Bibles
- Student Notebooks
- Sandpaper & Wool (provided)
- Promises of God Cards (provided)

### optional icebreaker: sardines

**INSTRUCTIONS:** Sardines is best played in a bigger space, like a large backyard or park. This game is a version of hide & seek, but rather than one "seeker", the game starts with just one "hider" and the rest of the group are seekers. Pick one student to be the hider and tell the rest of the group to close their eyes and count to 30 in the starting spot before going to find the hider. When someone finds the hider, they join them in the hiding place. The game is over when there is just one seeker left looking for the group.

watch the "Sin + Grace" week 2 video.

hear from God through His Word.

**DO THIS:** Read **Psalm 51** as a group and then lead your students in a discussion about the passage using the questions below.

- Tell your students to open their Bibles to **Psalm 51**. Read the whole psalm as a group by going around the circle and having each student read one verse and then the next student reading the next verse and so on.
- **ASK:** *What stands out to you in this psalm?*
- **ASK:** *In the video we heard about King David's sin with Bathsheba, which occurred before he wrote this psalm. How does knowing this context change how you think about it?*
- **ASK:** *Do you think David is feeling more shame, conviction, or both in this psalm? Why do you think that?*

#### Bible Moment

Maybe more than any other book in the Bible, the Psalms give us a picture of the emotional ups and downs of someone trying to follow and obey God in a world full of pain, loss, and temptation.



## talk with others about our faith.

**DO THIS:** Lead your students in a discussion about the difference between shame and conviction using the **Sandpaper** and **Wool** from your series kit and the questions below.

- **ASK:** *When was a time you felt shame? What did it feel like?*
- Pass around the **Sandpaper** and tell your students to rub it against the back of their hand. Tell them that this is sort of what shame feels like - it's abrasive and hurtful.

### say this:

Shame isn't from God, but conviction is. Shame makes us believe that our sin is too big to be forgiven and makes us hide from God. Conviction, however, gently draws us closer to God and His limitless love for us.

- **ASK:** *Have you ever felt convicted before? What did it feel like?*
- Now, pass around the **Wool** and tell your students to rub it against the back of their hand. Tell them that this is more like what conviction feels like. You still feel it, but rather than abrasive and hurtful, it's soft and gentle.
- **ASK:** *How are shame and conviction different in how they feel and how we respond to them.*

## pray by talking to God.

**DO THIS:** Lead your students in a time of praying by themselves using the prompt below.

- Spend a couple minutes by yourself asking God to convict you of any sinful thoughts or behaviors in your life right now. For anything that He brings to your mind, tell Him that you're sorry and ask for His forgiveness. Remember, if you start feeling shame, that's not from God. Ask Him to replace your feelings of shame with a desire to love and obey Him more.

## live in a way that honors God.

**DO THIS:** Give your students the following **LIVE** challenges for the week. 

- Give each of your students a **Promises of God Card** from your series kit. Tell them to take it home and to use it as a reminder of how much God loves us, even when He is convicting us of our sin.
- Memorize **Psalm 51:10** this week.



Sin +  
Grace

## memory verse

"Create in me a clean heart, O God.  
Renew a loyal spirit within me."

Psalm 51:10