

# SABBATH SCHOOL

Jr. High School Sabbath Instruction Program — Teacher's Outline

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Level J • Unit 1 • Week 1

## WHAT IS SIN?

### OBJECTIVE:

To understand what sin is, learn three types of sin and learn how we can turn to God to help us remove sin from our lives.

### ACTIVITY:

Students will be asked to provide 10 examples of sin and then need to categorize them into the three classifications of sin listed in 1 John 2:15-16 (the lust of the flesh, the lust of the eyes and the pride of life).

### SCRIPTURES:

1 John 3:4; 1 John 2:15-16; Genesis 3:6; Psalm 51:4; Genesis 4:7

### LESSON:

Most people have an idea of what sin is, but what does God say about sin? By looking in the Bible, God shows us how we should recognize sin and how we should strive to overcome it.

**Discussion:** Do we know what sin is? In the King James Version 1 John 3:4 reads "Whosoever commits sin transgresseth also the law: for sin is the transgression of the law." (Ask the class to give examples of sin as it relates to their lives).

**Activity:** Pass out student handout. Have the students list 10 examples of sin that they encounter on the handout. We will use this later.

But there is much more that the Bible says about sin. The Bible portrays and defines sin and lawbreaking into three different categories. "Do not love the world, nor the things in the world. If anyone loves

the world [society, way of life], the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father, but is of the world” (1 John 2:15-16).

**Discussion:** Did you recognize the three types of sin? Have the students list them on the bottom of the handout provided.

#### THE THREE TYPES OF SIN:

1. The lust of the flesh: This is the pulling, yearning, powerful desire—temptation—to satisfy and please the self.
2. The lust of the eyes: This type of sin comes from what our eyes see and desire. This, in turn, can lead to a covetous nature that is filled with greed and envy.
3. The pride of life: Pride means to be puffed up, swelling, proud, superior, It is the “better than others” type of feeling that we can all fall victim to from time to time. It’s that warm, fuzzy feeling when someone tells us how great we are at something. Oftentimes a person’s own feelings of righteousness can be viewed as self-righteousness. This is also a form of pride which can lead us down the wrong path.

**Discussion:** Turn to Genesis 3:6 and read the account of Eve in the Garden of Eden. “So when the woman [Eve] saw that the tree was [1] good for food, that it was [2] pleasant to the eyes, and a tree [3] desirable to make one wise, she took of its fruit, and ate . . .” In this account, Eve was not satisfied with the food that God had provided her and Adam with, and she began to lust for food that was not permitted for her to eat. Eve saw that the tree was good for food (lust of the flesh), pleasant to the eyes (lust of the eyes), and lastly she desired it to make her wise (pride of life).

**Activity:** Give the students (individually or in groups) a few minutes to categorize the sins they wrote down on the student handout into the three types of sin.

Why do we as humans continue to sin? Is it because we want to? Or do we consciously despise God’s laws in our minds? Most people do not try to sin or even want to commit sin. We sin because we sometimes lose our focus on God. Striving to eliminate sin from our lives takes a lifetime of practice. It is like an athlete that strives to be the best and to improve his or her time or skills to be better than before. They continue to practice, practice, practice . . .

The first thing we need to do to overcome sin is recognize that we are guilty of committing sin. We can then go before God, in prayer, and ask for His forgiveness. We have all sinned and no one is free from sinning. Even King David sinned when he committed adultery with Bathsheba and then had her husband, Uriah, murdered. But God considered David a man after His own heart. How? Because David recognized his sin and wholeheartedly repented of it. (Psalm 51:4 reads “Against You [God], You only, have I sinned, and done this evil in Your sight.” David fell short and was overcome by temptation.

God also told Cain in Genesis 4:7 that sin was anxious to get a hold of him and pull him down. “If you

do well, will you not be accepted? And if you do not do well (disobey), sin lies at the door. And its desire is for you, but you should rule over it."

**What God Expects From Us:** Do we always do our best in school, at home? Or do we just go along with the flow in a halfhearted attempt? As a Christian, we should always strive to do our best at everything we do. Always perform a task as though you were doing it for Christ.

Sin comes in many forms and Satan tries to attack each of us and coax us into sinning against God's law. Therefore, it is very important that we always be on guard against Satan and recognize when we are about to commit sin. As the scripture says, "The devil walks about like a roaring lion, seeking whom he may devour." Satan's main objective is to keep each of us from becoming a part of God's family. We need to be aware of this and look to God for guidance.

God is anxious for us to come to Him and seek His help. If we ask God for help, He will give it freely. Remember that God is our heavenly Father and His desire is to give us the good things of His Kingdom. This does not come freely though. God expects us to turn to Him and to put our faith and trust in Him to see us through the difficulties that this world presents us with. In order to grow, God occasionally allows us to be tempted and to face various trial. Some trials may not last long and others can be quite difficult and long in duration. But no matter what the trial is, if we are willing to put forth our best effort and to trust in God, you can be assured that He will guide us and lead us toward salvation.

Sin is all around us. It is one of Satan's tools that he uses to pull us away from God. God is fed up with the sin of this world and we should be too. Christ is busily preparing for the Kingdom, a new world in which sin will have no place to dwell. Christ is also working with the people of His Church to remove sin from its members. You are a part of that Church. You have a special calling and a position in God's Kingdom awaiting you should you accept that calling. Let's strive to work with Christ and follow His example to remove sin and usher in a new world and God's Kingdom in which sin will no longer have a home.

## **Q&A (Open Discussion)**

# STUDENT HANDOUT

What is sin? List 10 examples of sin:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List the three types of sin listed in 1 John 2:15-16.

- 1.
- 2.
- 3.

Now categorize your 10 examples according to the three types of sin above (from 1 John 2:15-16). Put each example number after the type of sin it most closely resembles.