

### Day 5 – Review Q&A and recite memory verse

Because of Adam's fall, we are born into a state of sin and misery. We live in rebellion to God and feel the weight of His wrath hanging over us. There is no part of us that desires God and no ability within us to do good. Romans 3:11-12 says, *"None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one."* And yet, God has sent a second Adam to reverse the effects of the fall. Scripture assures us, *"For as in Adam all die, so also in Christ shall all be made alive"* (1 Cor. 15:22). Instead of living in a state of misery, Christians can live in joy and thanksgiving because they are forgiven and restored. It reminds me (Shawn) of the time I broke a vase my parents bought overseas. They really liked that vase but it was in a million pieces. I felt miserable. My parents worked together to find every piece they could and glued it back together. It was not perfect and is still missing a few pieces here and there. Thankfully, Jesus has made a way for us to be restored like new! As if it had never happened. No missing pieces. No cracks. How does that make you feel?

#### Discussion Questions

- Are you living in a state of sin and misery?
- If you have been made new in Christ, take time to praise Him for it today.

# Baptist Catechism

## Family Worship Guide



## West Oaks Baptist Church

(in preparation for Sunday, January 21<sup>st</sup>, 2024)

### Baptist Catechism Question #20

**Q:** Into what estate did the fall bring mankind?

**A:** *The fall brought mankind into an estate of sin and misery.*

#### Suggested Memory Verse

Romans 5:12 Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned...

### Day 1 – Review Q&A and recite memory verse

The word *estate* as it is used here means “state” or “condition.” I might ask, “What is the estate of the car I wish to buy?” The condition of it might be like new, used, or bad. The fall of Adam and Eve into sin changed the state or condition that mankind was in after them. Romans 3 says all have sinned and that both Jews and Greek are under sin. If you were not Jew, then you were considered Greek. In other words, Romans teaches in multiple ways that everybody is a sinner. Our memory verse for the week says, *just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned.* Adam was that one man. Remember, he was created able to sin and able not to sin, but Adam chose to sin. We all inherit a sinful nature as a result. Man’s new estate is one in which we are no longer able to not sin. We are sinners. No one is exempt, and there are no man-made ways to avoid the punishment of death we deserve. You can’t buy your way out of it, you can’t do enough good things to make it go away, and it does not change just because your family goes to church.

#### Discussion Question

- Why do you think people want to be thought of as a good person?
- Why do you think people try to find ways around God’s decrees?
- What condition is your heart in?

### Day 2 – Review Q&A and recite memory verse

Mankind is not just partially affected by sin but is totally depraved. That means our whole being is corrupted, inside and out, by sin. Have you ever found a bad spot on an apple? Sometimes you can just cut that part away and still eat the rest. But if you drink milk that has gone bad, it’s bad throughout. You can’t strain out the sour taste, it affects every drop. Total depravity doesn’t mean that we are as bad as we could possibly be. Thankfully, God’s common grace restrains the extent of sin in our world. But, sin’s corruption *is* thorough. There is no part of us that remains untouched by sin. Isaiah 1:5 asks the question: “*Why will you still be struck down? Why will you continue to rebel?*” The answer is... “*The whole head is sick, and the whole heart faint.*” That is why we can do no good apart from Christ. That is why even our best efforts are described as “polluted garments” (Isaiah 64:6).

#### Discussion Questions

- What is the worst thing you have ever accidentally eaten that was spoiled?
- In what ways do you think sin has affected our bodies? Our minds?
- If nothing in us is good, how can we be right with God?

### Day 3 – Review Q&A and recite memory verse

I am always amazed at how babies in the womb respond to voices and start moving, hear music and start dancing. John the Baptist responded in the womb when Mary came to visit Elizabeth. She said in Luke 1:44, “*For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy.*” The awareness and ability of unborn babies to interact with the world is amazing, but scripture says in

Psalms 58:3 that even from the womb we are estranged or alienated from God because of sin. Our sinful nature is what defines us. For some, however, there is a point in their life when God changes their heart and adopts them as a child. Their sin is paid for, so is their battle with sin over? Anyone who thinks that is deceiving himself. 1 John 1 says, “*If we say we have no sin, we deceive ourselves, and the truth is not in us.*” And just two verses later it adds, “*If we say we have not sinned, we make him a liar, and his word is not in us.*” Even as believers we are still dealing with sin in this life. The difference is that we have victory through the works of Jesus Christ. Those who are born again confess their sins and God is faithful to forgive them (1 John 1: 9). Sin no longer defines us, and there is no condemnation. God slowly sanctifies us, teaching us to put away sin and grow in holiness. This is a life-long process until Christ returns and we no longer deal with sin and will live forevermore with Him.

#### Discussion Questions

- If we all sin, what is the difference between an unbeliever and a Christian?
- Do you get tired of dealing with sin? Is that good or bad? Why?

### Day 4 – Review Q&A and recite memory verse

Some people like to talk about their feelings, but most don’t. Whether you like to admit it or not, we all have feelings. We feel things physically, we feel things emotionally, and we also feel things spiritually. Sin separates us from God, and we feel that separation. Isaiah 59:2 says, “*your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.*” The sad effects of that separation are miserable (Ecc 8:6). Cain’s punishment for killing Abel was to be cut off, and it was unbearable. It is crucial that we understand why we feel this way as sinners. We are enemies of God and our relationship has been broken. The knowledge of that brokenness weighs on us, whether we admit it or not. Sinners can do and say all kinds of things, but it does not change the truth of God and His Word. Deuteronomy 29:19 speaks of a man who “*blesses himself in his heart, saying, ‘I shall be safe, though I walk in the stubbornness of my heart.’*” Those who forget God are promised great tribulation (Ps 50:22). In Romans 7:24, we see that Christians are aware of their own sin and God’s wrath and turn to Him for relief: “*Wretched man that I am! Who will deliver me from this body of death?*” We will certainly all be aware of our sin and God’s wrath on the coming judgment day when *every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father* (Phil. 2:10–11).

#### Discussion Questions

- Why do you think some people seem to feel the weight of their sin and others do not?
- Do you feel the weight of your sin? What do you do about it?