

FIRST SUNDAY LESSON

Theme for the Month:

THE POWER OF FORGIVENESS^{SEP} “If you hold anything against anyone, forgive them, so that your Father in Heaven may forgive you your sins.” – Mark 11:25



Lesson 1: The Weight of Guilt

Key Verse: ^[L]^[SEP]“If we confess our sins, He is faithful and just and will forgive us our sins.” – 1 John 1:9

Story Source: *Flying is for the Birds* (Carpie, Lashley, and Hartlie)^[L]^[SEP]Supporting Bible Story: Adam and Eve Hide from God (Genesis 3:1–10)

Memory Verse: ^[L]^[SEP]“If we confess our sins, He is faithful to forgive us.” – 1 John 1:9

Opening Prayer

“Dear Lord, when I do something wrong, help me not to hide. Teach me to come to You, to say I’m sorry, and to receive Your forgiveness. Amen.”

Lesson Objectives

By the end of today’s lesson, children will:

Know that guilt feels heavy and makes us sad.

See how Lashley carried guilt for a long time.

Understand that God

forgives us when we confess our
sins.

Story Exposition

In the story *Flying is for the Birds*, Carpie and Lashley played a game with a tiny minnow. But something went wrong—Lashley swallowed the minnow by mistake! Both of them were afraid. When the other fish asked about the missing minnow, they lied and said they didn’t know.

From that day, things changed. Carpie cried and later told his mother the truth. He found peace when he turned to God. But Lashley kept the secret inside. His heart grew heavy with guilt. Over the years, he became sad, his feathers turned gray, and he even lost the joy of flying.

This shows us something important: guilt grows heavier when we try to hide our mistakes. But God doesn't want us to hide—He wants us to come to Him.

We see the same truth in the Bible. Adam and Eve disobeyed God and then tried to hide among the trees (Genesis 3:1–10). But God called out, “Where are you?” He already knew what they had done. God wanted them to come to Him, not stay hidden.

How We Can Obey God When We've Done Wrong

Tell the Truth Quickly – Don't hide. Bring it to God and, if needed, to others.

Say You're Sorry – Use honest words to show you mean it.



Accept

God's Forgiveness – Believe that when you confess, God makes your heart clean and light again.

Conclusion

Guilt is like carrying a heavy backpack everywhere you go. It slows you down and makes you sad. But when we confess to God, He forgives us and takes the heavy load away. Carpie confessed and found peace. Lashley carried guilt for

years—but we don't have to. God invites us to come quickly and be free.

Lessons Derived

Hiding sin only makes guilt heavier.

Confession brings forgiveness, peace, and joy.

Questions

1. What mistake did Lashley and Carpie make in the story?
 2. How can we get rid of the heavy feeling of guilt?
 3. (Reflection) Tell of a time you did something wrong and admitted it. What happened? How did you feel?
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Prayer Focus

“Lord, help me to confess quickly when I do wrong. Take away the heavy feeling of guilt and give me peace.”

Weekly Devotional Reading

Monday: Genesis 3:1–6 — Adam and Eve disobey God.

Tuesday: Genesis 3:7–10 — They hide from God.

Wednesday: Psalm 32:3–5 — Confession brings forgiveness.

Thursday: Proverbs 28:13 — Hiding sin brings trouble.

Friday: 1 John 1:9 — God forgives when we confess.

Saturday: Psalm 86:5 — God is forgiving and full of love.

Assignment



Hartlie was careful to notice Lashley was crying and alone. He helped his friend by listening and sharing God's Word about forgiveness. This week, look for one friend or family member you can help the same way — by showing love and encouragement. Write about it in your devotion journal and bring your story next Sunday.