

## Quarter Two: Growing in a Relationship with God

Jill Morikone

Lesson 10—Repentance and Forgiveness

Sunday: The Rush of Life

May 31, 2026

- **Last Week:** “Sin, the Gospel, and the Law”
  - The role of the law to reveal sin & the gospel to rescue from sin
- **This Week:** “Repentance and Forgiveness”
  - This week – opposite ends of the Christian experience
    - **Sin & forgiveness**
      - **Sin:** Guilt, shame, condemnation, self-loathing, anger, despair, hopelessness, depression
      - **Forgiveness:** most liberating, transformative experience possible for humanity
        - We can be forgiven
        - We can be cleansed & made new
        - We can be clothed / covered with Jesus’ righteousness
        - We can stand before God as if we’ve never sinned
        - We can be justified: brought back into right standing with God
    - **Repentance** brings us from the dark place of sin to the brilliance of forgiveness & justification
- **Biblical examples of sin & repentance:**
  - **David** (with Bathsheba)
    - **Sin:** (2 Sam 11)
      - Neglect / apathy (remaining home instead of going to war)
      - Lust (looking & lusting)
      - Pride (abusing royal authority: I’m the king; I can have who I want)
      - Sexual immorality (adultery / abuse)
      - Deception (lies & subterfuge)
      - Murder (orchestrating Uriah’s death)
    - **Repentance:** (Ps 51)
      - Confession (against You, You only, have I sinned) - repentance
      - Contrition (have mercy on me, O God)
      - Cleansing (Blot out my transgressions; wash me from my iniquity)
      - Forgiveness (wash me & I shall be whiter than snow)
      - Assurance (restore to me the joy of Your salvation – acceptance & assurance of forgiveness)
      - Commission (then I will teach transgressors Your ways & sinners will be converted to You)
        - As soon as we come to Christ, we become a missionary

- **Golden calf experience of sin & repentance**
  - **Sin:** Ex 32
    - Israelites out from Egypt (40 days from Mt Sinai)
    - Desired a “god” – Vs 4 – “This is your god, O Israel, that brought you out of the land of Egypt!”
    - Aaron capitulated to the desires of the people
      - Example of sin: capitulation to the desire of the flesh
        - Aaron = weak leader
        - We = weak in the flesh (in our own strength)
  - **Repentance:** Ex 32
    - Moses interceded for the people
    - Moses repented for the people
      - Did the people repent?
    - – Vs 31, 32 - “Oh, these people have committed a great sin....yet now, if You will **forgive** their sin—but if not, I pray, blot me out of Your book which You have written.”
      - Forgive = Heb “to bear or carry” (substitutionary atonement)
        - Same word Lev 16:22 – scapegoat “**shall bear** on itself all their iniquities...”
        - Isa 53:4 – “Surely He **has borne** our griefs & carried our sorrows...”
        - Isa 53:12 – “...And He was numbered with the transgressors, and He **bore** the sin of many...”
      - Forgiveness is not mere dismissal: it is active removal
        - Every OT experience prepares the mind for the Cross, where the ultimate burden-bearing occurs (John 1:29)

**Memory Text:** “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9, NKJV).

The week in brief:

- 1. **Sunday:** The Rush of Life (Jill)
  - Various Scriptures – things that weaken or break our relationship with God & the beauty of repentance, forgiveness & being covered in His righteousness
- 2. **Monday:** Holy Spirit Promptings (John L)
  - Hosea 6 – self-justification of our sin & the need for true repentance
- 3. **Tuesday:** Real Repentance (John D)
  - Various Scriptures – definition of repentance; connection between that & forgiveness
- 4. **Wednesday:** Sufficient Grace (Rise)
  - Ex 34:1 – 10 & Zech 3 – process of repentance, forgiveness & being clothed in His righteousness
- 5. **Thursday:** The Most Expensive Robe (SQ)
  - Matt 22:1 – 14 – the wedding garment = the righteousness of Christ

## Sunday: The Rush of Life

Luke 10:40 – 42; Ps 53:2; Rev 7:14; Isa 64:6; Zech 3:4; Isa 61:10

- **What weakens or breaks our relationship with God?**
  - Busyness – I’m too busy to spend time with God
    - Communication is essential for every relationship
  - Selfishness – I’m more important than Him (focusing on Him)
    - Unselfishness grows relationships
  - Apathy – I don’t care about Him anymore
  - Failure – I’m to \_\_\_\_\_ to try anymore
  - Sin – I’m choosing \_\_\_\_\_ sin over Jesus
    - Isa 59:1, 2 – “Behold, the Lord’s hand is not shortened, that it cannot save; nor His ear heavy, that it cannot hear. (2) But your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear.”
    - Broken trust damages any relationship
      - God doesn’t break trust with us
      - We break trust when we step outside His will for our lives
        - Sin brings guilt & shame & it makes it difficult to come back & ask for forgiveness / restore the relationship
  - Faulty picture of God – if God is like my pastor, father, priest – I don’t want that
    - That isn’t God; sometimes hard to separate
  - Self-deception – I’m good enough
    - Caleb – 2 year-old tantrum
      - “Jesus, help me to be good”
    - Isa 64:6 – “All our righteousness is as filthy rags”
  - **Hope:**
    - We don’t have to stay in defeat or despair or depression
    - We don’t have to wallow in sin

## How do we establish this relationship with God?

- **1. Accept His righteousness by faith**
  - Phil 3:9 - “And be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith.”
    - Not righteousness from the law
    - Righteousness from God by faith
  - Memory Text: 1 John 1:9 – “If we confess our sins, He is faithful & just to forgive us our sins & to cleanse us from all unrighteousness.”
    - Forgiveness & justification occur instantly
    - 2 step process
      - We confess our sins
      - We reach out & accept both forgiveness & Christ’s righteousness by faith
    - Justification = imputed righteousness of Christ
      - His perfect life covers my sins

- Zech 3 – Joshua, the high priest standing before the Lord in filthy garments
  - Vs 4 – “Then He answered and spoke to those who stood before Him, saying, ‘Take away the **filthy** garments from before him.’ And to him he said, ‘See, I have removed your iniquity from you, and I will clothe you with rich robes.’”
    - Filthy = “to soil (from excrement)”
  - We are dirty with sin
    - God removes our dirty garments (forgiveness from sin)
    - & places a pure, white garment on us (imputed righteousness)
- Isa 61:10 – “I will greatly rejoice in the Lord, My soul shall be joyful in my God; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness...”
- **2. Allow Him to transform you (surrender)**
  - Sanctification = imparted righteousness of Christ
    - 2-part process:
      - Surrender
      - Infilling of the Holy Spirit
  - Rom 6:6, 7 – “Knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin.”
    - The power to change
      - Is not in us – it’s in Jesus
      - Is not in our own works – it’s in God working through us (Phil 2)
      - Is not from without – it’s from within
  - John 15:5 – “abiding in the vine – without Me, you can do nothing”
    - Listening to Him
    - Surrendering to Him
      - Surrender = saying “yes” every time He calls for my heart
- **3. Ask for the infilling of His Spirit**
  - Rom 8:1 – “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.
    - Rom 7 experience = tug of war
    - You are not in the flesh if the Spirit of Christ dwells in you
  - Rom 7:17 vs Gal 2:20

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**Lesson 11:** “Setbacks” – how to use life’s trials to strengthen our relationship with God