

Adult Teachers
Sabbath School
Bible Study Guide
April | May | June 2026

GROWING IN A RELATIONSHIP WITH GOD

REPENTANCE AND FORGIVENESS

Lesson 10 Study Notes[ABSG-2-2026]

May 30 - June 5

Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

Lesson 10 [May 30 - June 5]: Understanding the 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).

- This week's **lesson** reminds us that **sin** damages our **relationship** with **God**, but it **does** not have to be the **end** of the **story**.
- Through **repentance** and **faith** in **Jesus**, **forgiveness** and **restoration** are **possible**.

“If we confess our sins...”

- **Confession** means being **honest** with **God** about our **sins**.
- It is **not** making **excuses** or **blaming others**.
- It is **humbly agreeing** with **God** that we have done **wrong** and need His **mercy**.
- The **Holy Spirit** helps us **recognize** our **sins** and **leads** us back to **Jesus**.
- **Real repentance begins** when we **stop defending** ourselves and start **seeking** God's **help**.

“He is faithful and just...”

- **God** always **keeps** His **promises**.
- When He **says** He will **forgive**, we can **trust** Him **completely**.
- He is also **just** because **Jesus** paid the **penalty** for our **sins** at the **Cross**.
- **God's forgiveness** is **not based** on our **goodness** but on **Christ's sacrifice** for us.
- Because **Jesus** took our **place**, **God** can **forgive repentant sinners** while remaining **perfectly just**.

“...to forgive us our sins...”

- **Forgiveness** is one of **God's** greatest **gifts**.
- When we **sincerely repent**, He **removes** the **guilt** that **separates** us from Him.
- Like the **Israelites** after the **golden calf** incident, we may **fail badly**.
- Yet **God** remains **willing** to **receive** those who **return** to Him with a **humble** and **repentant** heart.
- His **mercy** is **always greater** than our **failures**.

“...and to cleanse us from all unrighteousness.”

- God does **more** than **forgive**.
- He **changes** us.
- Through His **grace** and the **work** of the **Holy Spirit**, He **cleanses** our **hearts** and helps us **overcome** the **sins** that **weaken** our **walk** with Him.
- The **righteousness** of Christ not only **covers** our **past sins** but also **points** us toward a **new life** of **obedience** and **spiritual growth**.
- God's **purpose** is **not** simply to **pardon** us but to **transform** us.

What This Means for You

- Maybe there is **something** in your **life** that **God** has been **bringing** to your **attention**.
- **Do not hide** it. **Bring** it to **Jesus**.
- **No sin** is too **great** for His **forgiveness**.
- **No life** is **beyond** His **power** to **change**.
- When we come to Him with **sincere repentance**, we find **mercy**, **cleansing**, and a **fresh start**.
- God **specializes** in **restoring broken lives**.
- When we **confess** our **sins** and **place** our **trust** in **Jesus**, we **discover** the **joy** of **forgiveness**, the **peace** of **restoration**, and the **hope** of a **transformed life**.

May 30: Sabbath Afternoon - Overview

Summary

- **Sin separates** us from **God** and **weakens** our **relationship** with Him.
- Every **person** **struggles** with **sin** and **falls short** of **God's ideal**.
- God **does not abandon** us when we **fail**.
- He **lovingly calls** us **back** to Himself through **repentance**.
- **Repentance** means **honestly recognizing** our **sins** and **turning away** from them.
- **Confession opens** the door for God's **forgiveness** and **cleansing**.
- **Forgiveness** is **possible** because of **Jesus' sacrifice** on the **cross**.
- God's **grace** is **greater** than our **sins**.
- The **Holy Spirit** helps us **see** our **wrongs** and **draws** us back to **God**.
- **True repentance** brings **real change** in the **life** of the **believer**.
- **Jesus** offers His **perfect righteousness** to **cover** our **confessed sins**.
- We **cannot** save ourselves through our **own efforts**.
- Our **hope** is found **completely** in **Christ** and His **saving grace**.
- When we **accept** God's **forgiveness**, our **relationship** with Him grows **stronger**.
- This week we will **explore** how **repentance** and **forgiveness** lead us **closer** to God.

Main Points to Learn This Week

Sunday: We will **learn** how **sin** and **distractions** can **slowly pull** us **away** from **God**.

Monday: We will **discover** how the **Holy Spirit convicts** us of **sin** and **leads** us to **repentance**.

Tuesday: We will **study** what **true repentance** looks like and **why** it is **important** for **spiritual growth**.

Wednesday: We will **learn** about God's **amazing grace** and His **willingness** to **forgive** every **repentant sinner**.

Thursday: We will **explore Christ's robe** of **righteousness** and how His righteousness **covers** those who **believe** in Him.

Let's study this week's lesson with **humble hearts** and **thankful spirits**, **trusting** that God is **faithful** to **forgive**, **cleanse**, and **restore everyone** who comes to Him through **Jesus Christ**.

May 31: Sunday - The Rush of Life

Read: Isaiah 64:6; Zechariah 3:4; Isaiah 61:10; Luke 10:38–42; Revelation 7:14

Summary

- **Life** can become so **busy** that we **neglect** the most **important** thing -our **relationship** with **God**.
- Many **distractions** are **not sinful** in **themselves**. They are **often good** and **necessary** responsibilities.
- The **danger** comes when these things **consume** our **time** and leave **little room** for **God**.
- We may **love** God and **appreciate** the **Sabbath**, yet still allow **life's pressures** to crowd out **meaningful time** with Him.
- God **gave** us the **Sabbath** as a **special gift** to **strengthen** our **friendship** with Him and **remind** us to **put** Him **first**.
- A **healthy relationship** with God requires **intentional time** in **prayer**, **Bible study**, **worship**, and **fellowship** with Him.
- When we **realize** that we have **drifted away** from **God**, we should **come** to Him with **humility** and **repentance**.
- The **closer** we come to **God**, the more we **recognize** our **need** of His **grace**.
- **No** amount of **good works** or **personal effort** can make us **righteous** before God.
- Our own righteousness is **inadequate** and **cannot save** us.
- **Jesus removes** the **filthy garments** of **sin** and **clothes** us with His **perfect righteousness**.
- Through **Christ**, we are **forgiven**, **accepted**, and **restored** to a **right relationship** with God.
- **Christ's righteousness** is our **only hope** of **salvation**, which is **why** we must **continually depend** on Him.

Question: Why must we **always cling** to **Christ's righteousness**?

Answer: Because we **cannot save** ourselves. **Only Jesus** can **remove** our **sin**, **cover** us with **His righteousness**, and make us **acceptable** before God.

Reflection: What is **taking** my **time** and **attention away** from **Jesus**, and how can I **make** Him the **center** of my **life** again?

Takeaway: Life's **distractions** can **slowly pull** us **away** from **God**, but **Jesus lovingly** invites us back. When we **trust** in **His righteousness** instead of our **own**, we find **forgiveness**, **acceptance**, and a **deeper relationship** with Him.

June 1: Monday - Holy Spirit Promptings

Read: Hosea 6; John 15:4; John 16:8; Luke 11:13; Ephesians 4:30

Summary

- **Sin** creates **distance** between us and **God** and **weakens** our **relationship** with Him.
- When we do **wrong**, it is often easier to **justify** ourselves than to admit our **fault**.
- The **Holy Spirit** lovingly **convicts** us of **sin** and shows us our **need** of **repentance**.
- **Conviction** is a **gift** from **God** because it helps us **recognize** what is **separating** us from Him.
- In Hosea 6, God calls His **people** to **return** to Him because He **longs** to **heal**, **restore**, and **bless** them.
- **God** is **merciful** and **eager** to **forgive** those who **sincerely repent**.
- **True repentance** is more than **regret** over **consequences**; it is **sorrow** for having **grieved** God.
- The Holy Spirit **leads** us to the foot of the **cross** where we **see** God's **love** and our **need** of His **grace**.
- Jesus **invites** us to remain **connected** to Him as **branches connected** to the **Vine**.
- **Spiritual growth** is only **possible** when we **maintain** a **living relationship** with Christ.
- **Cherished** and **unconfessed sin** hinders our **fellowship** with God and **weakens** our **spiritual life**.
- We should **not resist** or **grieve** the Holy Spirit when He **reveals sin** in our **lives**.
- When we **confess** and **surrender** our **sins**, God **forgives** us, **restores** us, and **draws** us **closer** to Himself.

Question: What **happens** when we **ignore** the Holy Spirit's **conviction**?

Answer: We become **less sensitive** to God's **voice**, and our **relationship** with Him grows **weaker**. But when we **respond** to His **conviction**, He **leads** us to **repentance**, **forgiveness**, and **restoration**.

Reflection: When the Holy Spirit **reveals** something that **needs** to **change** in my **life**, do I make **excuses** or do I **surrender** it to **God**?

Takeaway: The Holy Spirit's **conviction** is an **act** of God's **love**. He **reveals** our **sins**, **not** to **condemn** us, but to **lead** us **back** into a **deeper relationship** with **Jesus**.

June 2: Tuesday - Real Repentance

Read: Matthew 3:1–2; Mark 1:14–15; Luke 24:46–47; Acts 3:18–19; Romans 2:4; 1 John 1:9; Revelation 3:19; 2 Peter 3:9; Acts 20:21; John 15:2, 8; Matthew 3:8; Acts 11:18

Summary

- **Repentance** was a central **message** preached by both **John** the Baptist and **Jesus**.
- God **calls** us to **repent** because His **kingdom** is near and He **desires** to **save** us.
- **True repentance** begins when we **recognize** our **sins** and our **need** of God's **mercy**.
- God's **kindness**, **patience**, and **goodness** are meant to **lead** us to **repentance**.
- **Repentance** involves **sincere sorrow** for **sin** and a **decision** to **turn away** from it.
- **Genuine repentance** is always **connected** with **confession**, **forgiveness**, and **restoration**.
- God is **eager** to **forgive** everyone who **comes** to Him with a **repentant** heart.
- The Lord **patiently** gives us **time** to **make things right** with Him before Christ **returns**.
- **Repentance** is **not** merely **feeling bad** about **sin**; it is **choosing** to **surrender** our **lives** to God.
- As we remain **connected** to Christ, He removes **sinful habits** and **develops** His **character** within us.
- **True repentance** produces **visible changes** in our **attitudes**, **choices**, and **actions**.
- **Christ's righteousness** does **not** cover **cherished sin**; it **transforms** the **life** of the **believer**.
- **Spiritual growth** happens as we **continually surrender**, **repent**, and **allow** God to **shape** us.
- **Repentance** leads to **forgiveness**, **spiritual renewal**, **fruitfulness**, and **eternal life**.

Question: What is the **difference** between **feeling sorry** for **sin** and **truly repenting**?

Answer: **Feeling sorry** may only be **regret** over the **consequences** of **sin**. **True repentance** includes **sorrow** for **sin**, **confession**, and a **decision** to **turn away** from it and **follow** God.

Reflection: Is there **anything** in my **life** that the **Holy Spirit** is **asking** me to **surrender** and **leave behind**?

Takeaway: **True repentance** is **more** than an **emotion**. It is a **daily choice** to **turn** from **sin**, **surrender** to **Christ**, and **allow** Him to **transform** our **lives**.

June 3: Wednesday - Sufficient Grace

Read: Psalm 103:8; Exodus 34:1–10; Luke 18:13; Revelation 3:20; Zechariah 3:4; Romans 5:8; 20–21; 6:23

Summary

- God is **merciful**, **gracious**, **patient**, and **overflowing** with **love** toward **sinners**.
- Even when His people **fail**, God continues to **seek** their **restoration** rather than their **destruction**.
- After Israel **sinned**, God revealed His **character** as a God of **mercy**, **forgiveness**, and covenant **love**.
- God's **grace** is the **reason** Jesus came to **die** so that our **broken relationship** with Him could be **restored**.
- The Holy Spirit **leads** us to **recognize** our **sins** and **brings** us to the foot of the **Cross**.
- Like the **tax collector**, we should **come** to God **humbly**, asking for **mercy** and **forgiveness**.
- Jesus does **not** push **sinners** away; He **invites** them to **come** to Him with their **burdens**.
- Christ **removes** our **filthy** garments of **sin** and **clothes** us with His **righteousness**.
- **Sin** earns **death**, but God **freely** offers **eternal life** through **Jesus Christ**.
- No matter how **great** our **sins** may be, God's **grace** is **greater** still.
- Jesus **died** for us while we were still **sinners**, proving the **depth** of God's **love**.
- **Salvation** is **not earned** by our **goodness** but **received** through God's **grace**.
- When we **accept** Christ's **grace**, our **guilt** is **replaced** with **forgiveness**, **hope**, and **peace**.

Question: Why can we **confidently come** to **God** even after we have **failed**?

Answer: Because God is **merciful** and **loving**. **Jesus** has already **paid** the **price** for our **sins** and **invites** us to **receive** His **forgiveness** and **grace**.

Reflection: When I **fall** into **sin**, do I **run away** from **God** in **guilt**, or do I **run** to Him for **forgiveness** and **restoration**?

Takeaway: God's **grace** is **greater** than our **failures**. When we **come** to **Jesus** in **repentance** and **faith**, He **forgives** our **sins**, **removes** our **guilt**, and **clothes** us with His **righteousness**.

June 4: Thursday - The Most Expensive Robe

Read: Matthew 6:19–21; 22:1–14; Revelation 19:8; Ephesians 5:27; Genesis 3:7; 21

Summary

- Our true **identity** should not be found in **possessions**, **status**, or **appearance**, but in **Jesus Christ**.
- In the **parable** of the **wedding feast**, the wedding **garment** represents Christ's **righteousness**.
- The man **without** the wedding **garment** accepted the **invitation** but **rejected** what was **freely provided**.
- This **teaches** that it is **not enough** to **know about** Jesus; we must **personally accept** His **gift** of **righteousness**.
- Christ **offers** every **believer** His **perfect character** to **cover** our **sin** and **shame**.
- **Adam** and **Eve** lost their **innocence** when they **sinned** and tried to **cover** themselves with **fig leaves**.
- Their fig-leaf **coverings** represent human **efforts** to **solve** the problem of **sin**.
- God **replaced** their coverings with garments **provided** through **sacrifice**, **pointing forward** to **Jesus**.
- In the same **way**, we **cannot** save ourselves through **good works**, **religious activities**, or **personal effort**.
- Only the **righteousness** of **Christ** can make us **acceptable** before God.
- Our true **identity** should not be found in **possessions**, **status**, or **appearance**, but in **Jesus Christ**.
- In the **parable** of the **wedding feast**, the wedding **garment** represents Christ's **righteousness**.
- The man **without** the wedding **garment** accepted the **invitation** but **rejected** what was **freely provided**.
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- **Adam** and **Eve** lost their **innocence** when they **sinned** and tried to **cover** themselves with **fig leaves**.
- Their fig-leaf **coverings** represent human **efforts** to **solve** the problem of **sin**.

- God **replaced** their coverings with garments **provided** through **sacrifice**, **pointing forward** to **Jesus**.
- In the same **way**, we **cannot** save ourselves through **good works**, **religious activities**, or **personal effort**.
- Only the **righteousness** of **Christ** can make us **acceptable** before God.
- Jesus **freely offers** this **robe** to every **repentant** and **believing** sinner.
- **Daily** wearing **Christ's robe** means **trusting** in His **grace**, **surrendering** our **lives** to Him, and **allowing** His **character** to be **seen** in our **actions**.

Question: Why is **Christ's righteousness** the **only garment** that can **prepare** us for **heaven**?

Answer: Because our own **goodness** can **never** remove **sin**. **Only** Jesus lived a **perfect life** and **offers** His **righteousness** to all who **believe** in Him.

Reflection: Am I **relying** on my **own goodness**, or am I **trusting** completely in **Christ's righteousness**?

Takeaway: We **cannot** make ourselves **worthy** of **heaven**. Jesus alone **provides** the robe of **righteousness** that **covers** our **sin** and **transforms** our **lives**. **Every day** we must choose to **accept** and **live** in His **grace**.

June 5: Friday - Further Thought

Read: Hosea 10:12; Philippians 2:12–13; Deuteronomy 4:3–4; Matthew 6:13

Summary

- A **growing relationship** with God requires both **God's work** and our **willing response**.
- God **prepares** and **softens** our **hearts** through the Holy Spirit, but we must choose to **respond** to Him.
- Like a farmer **prepares** the **soil** before the **rain** comes, we must **prepare** our **hearts** to **receive** God's **transforming grace**.
- **Repentance, confession, prayer,** and **Bible study** help **break up** the **hard ground** of the heart.
- God promises to **pour out** His **righteousness** on those who sincerely **seek** Him.
- **Spiritual growth happens** when we daily **cooperate** with God's **work** in our **lives**.
- The Bible **encourages** us to **cling** to God with **loyalty, faith,** and **perseverance**.
- Those who remain **close** to God receive **strength, protection,** and **spiritual life**.
- Jesus **taught** us to **pray** for **protection** from **temptation** because we are in a constant **spiritual battle**.
- **Victory** over **sin** comes **not** through **self-confidence** but through dependence on **Christ**.
- **Christ's** robe of righteousness **covers** our **sins, forgives** our **guilt,** and makes us **acceptable** before **God**.
- **Knowing** that we are **fully forgiven** draws us **closer** to **God** and **strengthens** our **desire** to **love** and **obey** Him.

Question: What does it **practically** mean to **cling** to God **every day**?

Answer: It means **staying close** to Him through **prayer, Bible study, obedience,** and **trusting** Him in **every** situation. It is **choosing** Him **daily** above every **distraction** and **temptation**.

Reflection: Am I **fully depending** on **Christ's righteousness,** or am I still trying to **rely** on my **own** strength?

Takeaway: A **strong relationship** with God **grows** when we **seek** Him **daily, cooperate** with His **Spirit,** and **trust completely** in **Christ's righteousness.** As we **cling** to Him, He **strengthens** us, **transforms** us, and **keeps** us **faithful.**