

The Un-Cover Up

By RLD Editorial Team

for use as
STEP 1 

Lesson 3**Focus:**

Confess your sins to
enjoy forgiveness.

Lesson 3**Bible Basis:**

Psalm 32

Lesson 3**Memory Verse:**

I said, "I will confess my transgressions to the
LORD"—and you forgave the guilt of my sin.
—Psalm 32:5b

As they discuss the enjoyment of God's forgiveness, students will hear about a teen facing consequences that forced him to confess.

Materials:

Internet access

As teens enter the classroom, ask them to share about a time when they were young and "found out" in something they did wrong—some way they misbehaved but hoped to get away with without being noticed. Be prepared to share your own experience. Ask them to share how they were discovered and what the consequences were. After everyone has shared, discuss:

➤ **Do you think that the outcomes of these situations would have been different if you had confessed?** (Answers will vary.)

➤ **Why didn't you confess what you had done when you had the chance?** (Answers will vary. Some may say they were afraid of getting in trouble or that what they didn't think the offense was worth worrying about, etc.)

Read the following article to your students:

Teen in Fort Pierce confesses to stealing 2 vehicles, police say

<https://www.wptv.com/news/region-st-lucie-county/fort-pierce/teen-in-fort-pierce-confesses-to-stealing-2-vehicles-police-say>

When you've finished reading the article, discuss the following question together:

➤ **Because the teen matched the description of the suspect, it made it harder to deny this crime, and he decided to confess. However, some crimes aren't as visible, and others don't have any witnesses that can turn in a suspect description to police. In these cases, it's easier to hide a wrongdoing. What are the pros and cons of confession vs. cover-up?** (Allow students to share; accept all reasonable answers without comment.)

Although it may be possible to hide certain crimes, it's impossible to hide anything from God. Today we're going to talk about one of the main benefits of confession—forgiveness.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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for use as
STEP 4 

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Bible Basis:**

Psalm 32

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Memory Verse:**

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Materials:

- Pieces of paper (1 per student)
- Pens/pencils (1 per student)
- Whiteboard and marker (or screenshared document)

If your class is meeting online, invite teens to bring supplies with them to class. Before class, write the following references on the whiteboard (or screenshared document): Isaiah 6:5-7; Psalm 51:1-3; Daniel 9:5-6; I John 1:8-10; Romans 7:14-17; Revelation 3:15-18; Psalm 139:23-24. In addition, write the following bullet points: Words, Attitudes, Thoughts, Actions.

Sometimes it can be easier to try to cover up or justify our sin than it is to admit it. But there's no substitute for the forgiveness we receive when we confess our sins. Rather than tie us down, confession and the resulting forgiveness frees us. Have a student read John 8:32.

➤ **Why does the "truth set us free"?** (Answers will vary but may include that trying to cover over something leads to lies that entrap us; God's forgiveness is only available when we speak truth about our sins.)

Distribute supplies (or invite teens to have them ready at home). **This week, let's spend some time "getting free." Here are some verses and prayer prompts to help you as you spend time with God in confession.** Have your students copy down the references from the whiteboard (or screenshared document). Discuss each of the bullet points, giving your students some of the following ideas to prompt their thinking:

- Your Words – have you spoken evil of anyone, criticized, used sharp words, told half-truths?
- Your Attitudes – have you had a complaining spirit, or been difficult, grouchy, or a know-it-all?
- Your Thoughts – have your thoughts consisted of evil desires, lusts, doubts, fears, hatred, bitterness, etc.?
- Your Actions – have you broken God's laws? Do you do what you say you will?

If time permits, you may want to give your students a few minutes to begin their “getting free” time with God. Encourage them to continue spending time in this fashion throughout the upcoming week.

Close your class in prayer.

Resources:

Materials adapted from Time Alone with God Workbook

<http://www.prayertoday.org/2013/PDF/2014-WORKBOOK-Lords%20Prayer-Inter-Gen-36%20pages.pdf>

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