



Today's Promise (#126) — KJV

Psalms 103:8, 10–14 "The Lord is merciful and gracious, slow to anger, and plenteous in mercy... He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west, so far hath he removed our transgressions from us. Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust."

❤️ Apply the Promise!

When we do wrong things, we feel a sad, heavy weight called guilt. But God does not want you to carry that shame! When you ask for forgiveness, He washes your mistakes far away forever!

📖 Bible Story (Luke 15)

Jesus often told stories to help people understand God's love. One day, He told a story about a father who had two sons. The younger son made a selfish choice. He demanded his share of the family's money early, packed his bags, and traveled to a faraway country. There, he wasted all of his father's money on bad choices. Soon, he had absolutely nothing left.

A famine struck the land, and the boy became so desperately hungry that he got a job feeding muddy pigs. He was so starving that even the pig food looked good to eat. Sitting in the mud, his heart felt heavy with deep guilt. He realized he had sinned against God and his father. He thought to himself, "I am no longer worthy to be called his son. I will go home and beg to just be a servant."

He began the long walk home, expecting his father to be angry. But while the boy was still a long way off, his father saw him. The father did not cross his arms or demand an apology. Instead, he was filled with pity. He picked up his robes and ran down the dirt road. He threw his arms around his smelly, dirty son and kissed him.

The father did not give the boy a harsh punishment. Instead, he called for a new robe, placed a ring on his finger, and threw a joyful party.

This story reminds us that when guilt makes us want to hide, we can come back to our Heavenly Father. When we confess our sins, He is ready to forgive, cleanse, and welcome us home.

💬 Discussion Questions:

- What did the younger son in Jesus' story do with all of his father's money?
- Where did Christopher Yuan find the Bible that helped him understand God's forgiveness?
- When we do something wrong, why does God want us to come running back to Him instead of hiding in shame?

☀️ True Story

Christopher Yuan grew up in a loving family, but as he got older, he started making choices that hurt his parents. He decided he did not want to follow their rules or God's ways. He pushed his family away, moved far from home, and began breaking the law. Eventually, his bad decisions caught up with him, and he was sent to prison.

Sitting in his quiet cell, Christopher felt a heavy weight of guilt. He knew he had ruined his life and caused his parents deep sadness.

One day, Christopher was walking through the prison and noticed a small book sitting in the garbage can. It was a New Testament Bible. He pulled it out of the trash and began to read it in his cell. As he read the verses, he clearly saw all his mistakes. But as he kept reading, he also discovered God's promise of complete forgiveness.

Christopher decided to call his parents. He felt ashamed and expected them to be angry. But when his mother heard his voice, she was filled with joy. She had not given up on him. She had been praying for him for years.

Christopher's life completely changed. He accepted God's forgiveness, and the guilt that had felt so heavy began to lift. He later became a teacher who shares God's grace with others. Christopher's story reminds us that guilt does not have to keep us hiding from God. When we confess our sins and come back to Him, He is ready to forgive, cleanse, and give us a new beginning.

📖 Activity:

Grab a clear glass bowl or a tall pitcher, fill it with water, and collect a few heavy pieces of gravel from the driveway. Have everyone hold a piece of gravel in their hand and think about a time they made a mistake or felt guilty. Then, drop the stone into the water! Watch how fast and hard it sinks to the very bottom. Explain that just like the heavy stone sinks and stays at the bottom of the bowl, Jesus takes the heavy weight of our mistakes and drops them to the very bottom of the sea. They are gone forever!



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Isaiah 1:16-20 "Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow. Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land: But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the Lord hath spoken it."

❤️ Apply the Promise!

God invites us to come to Him, promising to wash our scarlet mistakes completely white as snow.

📖 Bible Story (Zechariah 3 & Isaiah 1)

The prophet Zechariah had a special vision from God that showed exactly what the Lord does with our guilt. In this vision, a high priest named Joshua was standing before the Angel of the Lord. But there was a problem. A high priest was supposed to wear perfectly clean garments to serve God. Instead, Joshua was dressed in very dirty clothes. Satan stood right beside him, pointing at the stains and trying to make Joshua feel ashamed of his sins.

When we do something wrong, our guilt feels just like that heavy, dirty coat. In the book of Isaiah, God tells us exactly what to do about it. He says, "Wash you, make you clean." But we cannot wash away our own sins. The secret is in what Joshua did. Joshua did not try to scrub his own clothes or hide his mess. He stood directly in front of the Lord and waited for His help.

Only God can actually remove the stain of sin. When we bring our mistakes to Him, God does not yell at us. Instead, He says, "Take away the filthy garments from him." God takes away the coat of shame and dresses us in a clean robe.

This is how God keeps His promise in Isaiah. When we ask for forgiveness, He washes our mistakes until they are as white as snow. We never have to live weighed down by our past choices.

Joshua's story reminds us that we cannot clean our own hearts, but God is always ready to wash away our guilt and dress us in forgiveness.

🌟 True Story

In the summer of 2015, a twelve-year-old boy was taking a walking tour through an art museum in Taiwan. As he followed his guide, the boy was holding a drink and not paying close attention to where he was stepping. He suddenly tripped on a raised wooden platform. Trying to catch his balance, he reached his hand out.

His hand went straight through the center of a rare, three-hundred-and-fifty-year-old Italian painting. He had accidentally punched a hole right into a piece of art worth over one million dollars. The boy froze in panic. He felt a heavy weight of guilt and expected to be arrested. He was afraid his family would be forced to pay an impossible debt to replace the ruined canvas.

He had no way to fix what he had broken. But then, the head organizer of the art exhibition stepped forward and made an unexpected choice. Instead of yelling in anger or calling the police, he looked at the frightened boy and offered him complete forgiveness.

The kind organizer told the boy he was fully forgiven. They would not charge his family a single penny for the accident. An artist was later called in to carefully repair the canvas until the tear vanished. The boy brought a deep mistake to the curator, but instead of punishment, his record was wiped clean.

The boy's story reminds us that when we make a terrible mistake, receiving true forgiveness can wipe our heavy guilt away completely.

💬 Discussion Questions:

- Why didn't God tell Joshua to go home and wash his own clothes before coming back?
- What did the young boy accidentally punch a hole into at the museum?
- When we make a mistake and feel dirty or guilty, what should we do instead of hiding from God?

📖 Activity:

Head out to the driveway and find a dirty, muddy piece of gravel or stone. Bring it to a bowl of water and talk about how our mistakes stain our hearts like the dirt.

Let the children scrub the stone until it is perfectly clean. Remind them that just as the water cleans the stone, Jesus washes our "scarlet" sins completely away.

Guilt — Day 3



Precious Promises

Devotional Guide



🎵 Listen to
Scripture Song:



Today's Promise (#128) — KJV

Micah 7:18-19 "Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? he retaineth not his anger for ever, because he delighteth in mercy. He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea."

❤️ Apply the Promise!

God doesn't hold onto our mistakes. When He forgives us, He throws our sins into the deepest part of the ocean, never to be seen again!

📖 Bible Story (Jonah)

Jonah knew exactly what God had asked him to do, but he did not want to obey. God told Jonah to go to the city of Nineveh and warn the people to turn from their wicked ways. But Jonah did not want to help his enemies. Instead of going toward Nineveh, he boarded a ship sailing in the opposite direction.

For a while, Jonah may have thought he could get away. But no one can run from God. Soon, a great storm rose over the sea. The wind blew hard, the waves tossed the ship, and the sailors were terrified. Jonah knew the storm had come because of his disobedience. The weight of his guilt was heavy. At last, he told the sailors the truth and said the only way to save the ship was to throw him into the sea.

As Jonah sank down into the water, seaweed wrapped around him. He could not climb back into the ship. He could not undo what he had done. But God's mercy reached him even there. God sent a great fish to swallow Jonah and save him from drowning.

Inside the fish, Jonah stopped running. He prayed to God from that dark, lonely place. He admitted his need and cried for help. The Lord heard Jonah's prayer and gave him a new beginning. God commanded the fish to bring Jonah safely back to dry land.

Jonah's story reminds us that guilt should not make us keep running from God. No matter how far we have gone, His mercy can reach us, forgive us, and help us start again.

☀️ True Story

John Bunyan lived in England during the 1600s. He worked as a tinker, traveling from house to house to mend broken pots and pans. As a young man, John was known for his temper and his careless words. One day, a woman heard him speaking badly and warned him that his words were setting a harmful example for the children nearby.

John felt ashamed. He tried to change his behavior, but the guilt in his heart did not go away. It felt as if he were carrying a heavy burden he could not put down. He began reading the Bible, but for a long time he feared that he was too sinful to be forgiven.

John thought that if he could only act better on the outside, the heavy guilt would leave. But no matter how hard he tried, he could not give himself a clean heart.

At last, John began to understand God's grace. He saw that forgiveness was not something he could earn by trying harder. Jesus had already paid for sin. John needed to stop trusting in himself and trust fully in Christ.

When John believed God's promise of mercy, the heavy burden of guilt began to lift. Later, he became a preacher and wrote a famous book called *The Pilgrim's Progress*. In that story, a man carries a heavy burden until it falls from his back when he comes to the cross.

John Bunyan's life reminds us that we cannot remove guilt by ourselves. But when we come to Jesus, He is ready to forgive us, cleanse us, and lift the burden from our hearts.

💬 Discussion Questions:

- Where was Jonah when he finally decided to stop running and pray for help?
- In John Bunyan's book, what happens to the heavy backpack the main character is carrying?
- Sometimes guilt feels like a heavy backpack. What is the best thing to do when you feel weighed down by a mistake?

📖 Activity:

Fill a backpack with heavy books or canned goods. Have a child strap it on and try to run, jump, or play a quick game. It is exhausting and drags them down! Talk about how shame and guilt are heavy burdens we carry on the inside, just like John Bunyan. Then, take the backpack off and let them run freely! Talk about how confessing our sins to Jesus instantly removes the heavy weight.

Guilt — Day 4



🎧 Listen to
Scripture Song:



Today's Promise (#129) — NKJV

Romans 8:1–3, 9 "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. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh... But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his."

♥ Apply the Promise!

When you are in Christ, God does not condemn you—He forgives you and sets you free.

📖 Bible Story (John 8)

Jesus spent much of His time teaching people in the temple. One morning, a group of religious leaders brought a woman before Him. They announced that she had been caught doing something very wrong. According to the law, the leaders said she deserved to be punished. The woman stood in the center of the crowd, trembling with fear. Everyone was looking at her with judgment, and she had no way to defend herself.

Jesus did not join in the shouting. Instead, He stooped down and began writing in the dust on the ground with His finger. He may have been writing down the secret, hidden mistakes of the angry men in the crowd. When the leaders kept questioning Him, Jesus stood up and said, "He who is without sin among you, let him throw a stone at her first."

One by one, from the oldest to the youngest, the leaders walked away. They realized their own hearts were not pure either. Soon, the woman was left completely alone with Jesus. The only One who actually had the right to judge her was the only One who showed her mercy.

Jesus looked at her and asked, "Woman, where are those accusers of yours? Has no one condemned you?" She replied, "No one, Lord." Then Jesus spoke the most comforting words: "Neither do I condemn you; go and sin no more." Jesus did not excuse her mistake, but He gave her a brand-new start and the power to live a different life.

The woman's story reminds us that when we bring our mistakes to Jesus, He offers us mercy instead of condemnation.

☀ True Story

Martin Luther was a monk who lived in Germany many years ago. Even though he prayed often and studied the Bible every day, he did not have peace in his heart. Martin knew he made mistakes, and he carried a heavy weight of guilt. He was constantly afraid that God was angry with him.

Martin tried very hard to be perfect. He would confess his sins again and again, sometimes for hours. He fasted, went without sleep, and laid in the cold without a blanket, hoping that if he suffered enough, God would forgive him. But no matter what he did, the guilt would not go away. He felt like a prisoner to his own shame.

In his mind, God seemed like a strict judge who was never satisfied. Martin wondered if he would ever be free. But one day, while reading the book of Romans in the Bible, Martin discovered a truth that changed everything.

He read that people are saved by faith in Jesus, not by their own hard work. Forgiveness was not something he had to earn by punishing himself. It was a free gift! In that moment, the heavy weight of guilt finally lifted. His heart was filled with joy and peace. Martin later said it felt like the gates of heaven had suddenly opened to him. He spent the rest of his life teaching others about this wonderful grace, and he even translated the Bible into everyday language so ordinary people could read about God's forgiveness for themselves.

Martin's story reminds us that we cannot earn God's forgiveness by punishing ourselves, because Jesus has already paid the price to set us free.

💬 Discussion Questions:

- Why did the angry men bring the woman to Jesus instead of just helping her?
- Did Martin Luther feel like God was a "harsh judge" or a loving Father?
- Have you ever tried to do "good things" to make up for a mistake you made? Why doesn't that bring real peace to our hearts?

📖 Activity:

Spread a thin layer of sand or flour on a tray. Have the kids use their fingers to write a word representing a "shame" or a "mistake" they feel bad about. Then, recite Romans 8:1 together and have them gently shake the tray or smooth the sand over until the word is completely gone. Talk about how Jesus' forgiveness smooths over our past so there is "no condemnation" left.

Guilt — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#130) — KJV

Hebrews 8:12 "For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more."

♥ Apply the Promise!

When we make a mistake, we might worry that God will stay mad at us forever. But when He forgives you, He chooses to completely forget your sins and give you a fresh start.

📖 Bible Story (Luke 22 & John 18)

Peter spent three years traveling with Jesus. He listened to His words, watched His miracles, and became one of His closest disciples. Peter loved Jesus and promised that he would stay faithful, even if everyone else turned away.

But on the night Jesus was arrested, fear filled Peter's heart. While Jesus was being questioned, Peter stood outside in the courtyard, warming himself by a fire. Three different times, people asked if Peter knew Jesus. Three times, Peter said, "I don't know Him." Each time, Peter's fear grew stronger than his courage. He wanted to stay safe, but every denial pulled his heart farther into guilt.

Just then, a rooster crowed. Jesus turned and looked at Peter. In that moment, Peter remembered what Jesus had warned him would happen. He had denied the One he loved most. Peter went out into the night and wept bitterly. His guilt felt heavy and painful.

But Jesus did not give up on Peter. After Jesus rose from the dead, He met His disciples by the Sea of Galilee. He made a fire and cooked breakfast for His tired friends.

After they had eaten, Jesus spoke gently with Peter. He did not scold him or bring up his failure. He asked him three times, "Do you love Me?" Three times, Peter answered, "Yes, Lord. You know that I love You." And three times, Jesus gave Peter work to do for Him.

Peter's story reminds us that guilt should not make us run away from Jesus. When we repent and come back to Him, He forgives us, lifts our shame, and gives us a new beginning.

☀ True Story

In the famous 1929 Rose Bowl, a college football player named Roy Riegels made a mistake in front of thousands of people. During the game, Roy picked up a loose football. But in the excitement of the moment, he got turned around and ran almost seventy yards in the wrong direction, toward his own goal line.

When Roy realized what he had done, he was crushed. His mistake helped the other team score points, and he felt as if everyone in the stadium had seen his failure. At halftime, the players went into the locker room, but Roy sat alone in a corner with a blanket over his head and cried.

When it was time to go back out, Roy did not want to move. He told his coach, "I can't do it. I've ruined you, I've ruined myself, and I've ruined the University of California. I can't face that crowd again."

Roy expected his coach to leave him on the bench. But Coach Nibs Price did not treat him as though his mistake was the end. He told him, "Roy, get up and go back out there—the game is only half over."

Roy went back onto the field and played hard for the rest of the game. His mistake was remembered, but it did not have to be the end of his story.

Roy's story reminds us that when we have failed, guilt can make us want to hide. But God does not want us to stay under the blanket of shame. When we confess our sins, He forgives us, lifts us up, and helps us take the next right step.

💬 Discussion Questions:

- If your feelings are whispering that you are still "dirty" or a failure, but God's promise says He remembers your sins no more, which one is the boss?
- What did the coach tell Roy Riegels when he refused to go back out on the field?
- Is there someone you need to say "I am sorry" to so that the heavy weight can be lifted today?

📄 Activity:

Using a pen or washable marker, write a small "X" on a square of toilet paper to represent a mistake. After reading Hebrews 8:12, drop the paper into a glass of water and stir.

Watch the paper and ink disappear completely. Just as the water dissolves the mark, Jesus' mercy washes away our sins so they are remembered no more. We are left with a clean, new beginning!