

Pine Knoll Sabbath School Study Notes

Second Quarter 2026: *Growing in a Relationship With God*

Lesson 10 “Repentance *and* Forgiveness”

Read for this week’s study

Isaiah 61:10; Hosea 6; Acts 3:18, 19; Exodus 34:1–10; Romans 6:23; Matthew 22:1–14.

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).

Lesson Outline from Adult Sabbath School Study Guide

- I. Introduction
- II. The Rush of Life
- III. Holy Spirit Promptings
- IV. Real Repentance
- V. Sufficient Grace
- VI. The Most Expensive Robe
- VII. Further Study

Questions and Notes for Consideration

Facilitator: Daniel Duda

1. “The theme of this week’s lesson study is repentance and forgiveness. Keep the theme of this week’s memory verse in your mind as you go through each day’s lesson. Yes, we sin, but thanks to the Cross and the plan of salvation, forgiveness is always there for the confessing and repentant sinner.” (Sabbath afternoon)
2. Sunday’s lesson focuses on the rush of life, how easily we become distracted, and the importance of noticing the things that weaken or break down our relationship with God. What important truth do the texts in Isaiah 61:10; 64:6 and Zechariah 3:4 reveal to us about Christ’s righteousness? What does it mean to “always cling fervently to what’s promised here”?
3. Monday’s lesson is about the promptings of the Holy Spirit. One of the roles of the Holy Spirit is to “convict the world of sin” (John 16:7, 8). How is that connected with righteousness and judgment (8-11)? What specifically do you notice in Hosea 6 about how God describes Himself in His appeal for repentance?
4. Why is repentance so important in the process of spiritual growth (Acts 3:18, 19)? (Tuesday’s lesson) What is a time of “refreshing”? How can we make sure that the

repentance leads to life (Acts 11:18) and a growing relationship with God, rather than a pathological self-obsession with ourselves and our failures?

5. What crucial truths about repentance and God's character can we learn from Exodus 34:1-10? (Wednesday's lesson) How can we get a better grasp of God's all-sufficient grace? How does Jonah misquote this text (Jonah 4:2-3)? Is it possible that God's mercy and generosity will always unsettle us?
6. What message do you find in Jesus' parable in Matthew 22:1-14? (Thursday's lesson). The great and deep mystery of God's forgiveness is not the same as saying that whatever we do is not really important because it will all work out somehow in the end.
7. "We should daily clothe ourselves with Jesus' robe of righteousness. What does this really mean, and how do we do this?" (Thursday's lesson) How do you understand the metaphor with the robe? What is the purpose of God's providing this "most expensive robe"?
8. How do we share the message that God loves us the way we are, yet he does not want us to stay the way we are? His love reaches us *where* we are, but his love refuses to let us stay *as* we are. Love wants the best for the beloved. That's why wherever Jesus comes, lives are transformed, healed, changed. The result of God's transforming grace is not only salvation, but also sanctification and compassionate service to others. That's why we need to see repentance as life-giving, not guilt-inducing.
9. Repentance (*metanoia* in Greek = "change of mind/heart/way") is right at the center of Christian faith, but it can easily get distorted if we lean too far to one side. Repentance is the way back—it's turning *toward* God, not just turning *from* sin. That's why it must always be presented as relational, not merely moral.
10. Repentance is not a one-time act but a lifelong rhythm. It prevents pride, invites continual growth, and keeps our hearts tender before God, humble and dependent on Him. How can we model true repentance in our time and place? How can we better appreciate what the Holy Spirit does for the world, individuals and the community?

Thoughts from Graham Maxwell

It is emphasized all through the Old Testament as well as the New. Look at Ezekiel 33:11:

As I live, says the Lord God, I have no pleasure in the death of the wicked, but that the wicked turn from his way and live; turn back, turn back from your evil ways; for why will you die, O house of Israel? (RSV)

Like a physician, God stands ready to heal us. But He cannot force us to be well. If we prefer to leave Him, He will respect our decision and sadly let us go. But as we leave Him for the last time

to reap the awful consequences, we will hear His sad cry in Hosea, “How can I give you up? How can I let you go?” We discussed it when we talked about why Jesus died. Do you remember that dramatic story in the book of Hosea? Then as God interpreted what Hosea had done, He said, “I have pled so long, so many years, centuries, with My people Israel to please come home. Bring words of repentance with you, and I’ll heal you and I’ll forgive you.”

You remember when the prodigal son did this. Jesus told the story to show how glad God is when anyone does come home. How eager He is to heal! How magnificent is that story, told so many times. Just a little of it now, look at Luke 15 on the reference sheet. Look what this says about the attitude of our Father toward His sinful children:

While he was still a long way off his father saw him, and his heart went out to him. He ran to meet him, flung his arms round him, and kissed him. The son said, “Father, I have sinned against God and against you; I’m no longer fit to be called your son.” But the father said to his servants, “Quick! fetch a robe, my best one [don’t you like that! Quick! fetch a robe, my best one], and put it on him. . . . And let us have a feast to celebrate the day. For this son of mine was dead and has come back to life; he was lost and is found.”
(NEB)

Jesus added that there is joy among the angels in heaven whenever anybody comes back. Even the angels are pleased when we come home. But Israel did not come back in the days of Hosea. So those sad words follow in Hosea 14: “But come home, Israel, come home to the Lord your God. . . . Take words of repentance with you as you return to the Lord. . . . I will heal their unfaithfulness, I will love them with all My heart.” (*Phillips*) But they didn’t come. Look at Hosea 11:7, 8: “My people are bent on turning away from Me [not turning home, turning away]. . . . How, oh how, can I give you up Ephraim! How, oh how, can I hand you over Israel!” (*Phillips*)

As in Hosea, He will sadly hand us over if we insist on turning away. I understand that God will miss us if we are lost. He will miss us forever if we don’t come home. You think of the eternal void that brilliant Lucifer will leave in the infinite memory of God! But for some of us, this magnificent picture of God leads us to repentance, and to trust. Remember the famous last verse on the list, Romans 2:4: “Do you not know that God’s kindness is meant to lead you to repentance?” (RSV) {Graham Maxwell. Excerpt from the audio series, *Conversations About God*, #13, “How God Treats His Erring Children” recorded April 1984, Loma Linda, California} *To listen to the entire audio of the above reference, click on the following direct link:*

<http://pkp.cc/13MMCAG>

Lou: This person also wanted to ask, “How does God forgive sins, and what is involved in receiving the remission of our sins?”

Graham: Now, “remission” meaning *forgiveness*, and not just suppressing it for a little while like the medical term. What’s involved in God forgiving? I believe God is forgiveness personified. And you and your brother Morrie, when you tell the prodigal son story, you make that so clear. That’s beautifully done. What had to be done for the father to receive his son back—dirty, and diseased and malnourished as he was? All the boy had to do was come home and find his father had forgiven him long before. In fact, it’s when he found that his father had forgiven him, that he repented. It isn’t, “If I repent, He’ll forgive me.” When I find how forgiving He is, that leads me to repentance. {Graham Maxwell. Excerpt from the audio series, *Conversations About God*, #9 with Lou Venden, “There Is No Need to Be Afraid of God” recorded March 1984, Loma Linda, California} *To listen to the entire audio of the above reference, click on the following direct link:* <http://pkp.cc/9MMCAG>

But let’s say we’re covered by the righteousness of Christ. How does that actually work? Here’s the Father, here are a hundred million angels of Daniel 7 as the court sits in judgment and the books are opened. My case comes up, and I have a dreadful record. But I don’t need to worry, because I am covered with the righteousness of Christ, and fortunately God does not have 20/20 vision, and doesn’t know the secret about what’s inside! Jesus knows what’s inside, and I’m sure my guardian angel knows what’s inside, and the accuser of the brethren knows what’s inside.

In fact, he accuses me day and night before God and says, “Do you want to know what’s inside? If God looks, does He say, “Nah, looks pretty good to me.” I don’t like the thought that I’m somehow sneaking into the kingdom in disguise. Someday God might learn the truth about me. If I am not changed inside, I’m not safe to have around. So this obviously is not for purposes of disguise. God knows. He knows me just as well as anybody else in the Godhead. God says, “I not only forgive you, but I will treat you as if you had never sinned. In fact, I will treat you with dignity and respect, as if you’d always been My loyal children.” To be covered with the righteousness of Christ is not a disguise. It means we’ll be treated as if we had lived as righteously as the Son.

So, covered with the righteousness of Christ: What does it mean? I take it to mean that because Christ answered all the problems, He’s not asking me to do it. He’s asking me, “Do you want to respond to these answers, like the loyal angels have? Have you been won back to trust me? Are you willing to listen? If so, I can heal the damage done.” And even though I am a pretty sick patient in my heavenly Father’s eyes, God will treat me with dignity and respect, as if I had lived as nobly as His Son. I think that’s the covering. I mean, He would really do this. He will treat me with dignity, and with respect, as if I had never been disloyal.

That's a statement. I'd want evidence for that. How about His treatment of the woman taken in adultery? Look at the way He treated her and sought to recover her dignity and self-respect. Look at the way He treated Peter and other people through the scriptures. He really does it. In fact, He even treats "unsavable" sinners with dignity and respect. Look at Judas. He covered for him, so that when Judas went out to betray his Lord, the disciples thought he went out to make an offering to feed the poor. {Graham Maxwell. Excerpt from the audio presentation, Questions People are Asking About the Plan of Salvation, recorded April 1983, Redlands, California} *To listen to the entire audio of the above reference, click on the following direct links:*

<http://pkp.cc/1MMQUESTP> (Part 1) <http://pkp.cc/2MMQUESTP> (Part 2)

Further Study with Ellen White

When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. {COL 311.4}

God in His great love is seeking to develop in us the precious graces of His Spirit. He permits us to encounter obstacles, persecution, and hardships, not as a curse, but as the greatest blessing of our lives. Every temptation resisted, every trial bravely borne, gives us a new experience and advances us in the work of character building. The soul that through divine power resists temptation reveals to the world and to the heavenly universe the efficiency of the grace of Christ. {MB 117.1}

The faithful, praying ones are, as it were, shut in with God. They themselves know not how securely they are shielded. Urged on by Satan, the rulers of this world are seeking to destroy them; but could their eyes be opened, as were the eyes of Elisha's servant at Dothan, they would see the angels of God encamped about them, by their brightness and glory holding in check the hosts of darkness. {5T 475.1}

Arise and go to your Father. He will meet you a great way off. If you take even one step toward Him in repentance, He will hasten to enfold you in His arms of infinite love. His ear is open to the cry of the contrite soul. The very first reaching out of the heart after God is known to Him. Never a prayer is offered, however faltering, never a tear is shed, however secret, never a sincere desire after God is cherished, however feeble, but the Spirit of God goes forth to meet it. Even before the prayer is uttered or the yearning of the heart made known, grace from Christ goes forth to meet the grace that is working upon the human soul. {COL 206.1}

Christ might, because of our guilt, have moved far away from us. But instead of moving farther away, He came and dwelt among us, filled with all the fullness of the Godhead, to be one with us, that through His grace we might attain perfection. {RC 17.5}

Prayer is heaven's ordained means of success in the conflict with sin and the development of Christian character. The divine influences that come in answer to the prayer of faith will accomplish in the soul of the suppliant all for which he pleads. For the pardon of sin, for the Holy Spirit, for a Christlike temper, for wisdom and strength to do His work, for any gift He has promised, we may ask; and the promise is, "Ye shall receive." {AA 564.1}

In all ages, through the medium of communion with heaven, God has worked out His purpose for His children, by unfolding gradually to their minds the doctrines of grace. His manner of imparting truth is illustrated in the words, "His going forth is prepared as the morning." Hosea 6:3. He who places himself where God can enlighten him, advances, as it were, from the partial obscurity of dawn to the full radiance of noonday. {AA 564.2}

The Lord did not lock the reservoir of heaven after pouring His Spirit upon the early disciples. We also may receive of the fullness of His blessing. Heaven is full of the treasures of His grace, and those who come to God in faith may claim all that He has promised. {6BC 1055.4}

The Lord will not compel men to deal justly, to love mercy, and to walk humbly with their God; He sets before the human agent good and evil, and makes plain what will be the sure result of following one course or the other. Christ invites us, saying, "Follow Me." But we are never forced to walk in His footsteps. If we do walk in His footsteps, it is the result of deliberate choice. As we see the life and character of Christ, strong desire is awakened to be like Him in character; and we follow on to know the Lord, and to know His goings forth are prepared as the morning. We then begin to realize that "the path of the just is as the shining light, that shineth more and more unto the perfect day."—R. & H., March 31, 1896. {CS 138.1}

The Sun of Righteousness did not burst upon the world in splendor, to dazzle the senses with His glory. It is written of Christ, "His going forth is prepared as the morning." Hosea 6:3. Quietly and gently the daylight breaks upon the earth, dispelling the shadow of darkness, and waking the world to life. So did the Sun of Righteousness arise, "with healing in His wings." Malachi 4:2. {DA 261.3}

Christ is ready to set us free from sin, but He does not force the will; and if by persistent transgression the will itself is wholly bent on evil, and we do not *desire* to be set free, if we *will* not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love. "Behold, now is the accepted time; behold, now is the day of salvation." "Today if ye will hear His voice, harden not your hearts." 2 Corinthians 6:2; Hebrews 3:7, 8. {SC 34.2}

God's ideal for His children is higher than the highest human thought can reach. The living God has given in His holy law a transcript of His character. The greatest Teacher the world has ever known is Jesus Christ; and what is the standard He has given for all who believe in Him? "Be ye therefore perfect, even as your Father which is in heaven is perfect." Matthew 5:48. As God is perfect in His high sphere of action, so man may be perfect in his human sphere. {CT 365.2}

The plan of redemption is not merely a way of escape from the penalty of transgression, but through it the sinner is forgiven his sins, and will be finally received into heaven—not as a forgiven culprit pardoned and released from captivity, yet looked upon with suspicion and not admitted to friendship and trust; but welcomed as a child, and taken back into fullest confidence. {7BC 950.6}

God's forgiveness is not merely a judicial act by which He sets us free from condemnation. It is not only forgiveness *for* sin but reclaiming *from* sin. It is the outflow of redeeming love that transforms the heart. David had the true conception of forgiveness when he prayed, "Create in me a clean heart, O God; and renew a right spirit within me." Psalm 51:10. {FLB 129.2}

It is God's glory to encircle sinful, repentant human beings in the arms of His love, to bind up their wounds, to cleanse them from sin, and to clothe them with the garments of salvation. {PK 668.3}

Accustomed as they had been in Egypt to material representations of the Deity, and these of the most degrading nature, it was difficult for them to conceive of the existence or the character of the Unseen One. In pity for their weakness, God gave them a symbol of His presence. "Let them make Me a sanctuary," He said; "that I may dwell among them." Exodus 25:8. {Ed 35.1}

To human beings striving for conformity to the divine image there is imparted an outlay of heaven's treasure, an excellency of power, that will place them higher than even the angels who have never fallen. {COL 162.4}

God does not force the will or judgment of any. He takes no pleasure in a slavish obedience. He desires that the creatures of His hands shall love Him because He is worthy of love. He would have them obey Him because they have an intelligent appreciation of His wisdom, justice, and benevolence. And all who have a just conception of these qualities will love Him because they are drawn toward Him in admiration of His attributes. {GC 541.3}

God has bound our hearts to Him by unnumbered tokens in heaven and in earth. Through the things of nature, and the deepest and tenderest earthly ties that human hearts can know, He has sought to reveal Himself to us. Yet these but imperfectly represent His love. Though all these evidences have been given, the enemy of good blinded the minds of men, so that they looked upon God with fear; they thought of Him as severe and unforgiving. Satan led men to conceive of God as a being whose chief attribute is stern justice,—one who is a severe judge, a

harsh, exacting creditor. He pictured the Creator as a being who is watching with jealous eye to discern the errors and mistakes of men, that He may visit judgments upon them. It was to remove this dark shadow, by revealing to the world the infinite love of God, that Jesus came to live among men. {SC 10.3}

The whole universe will have become witnesses to the nature and results of sin. And its utter extermination, which in the beginning would have brought fear to angels and dishonor to God, will now vindicate His love and establish His honor before the universe of beings who delight to do His will, and in whose heart is His law. Never will evil again be manifest. Says the word of God: "Affliction shall not rise up the second time." Nahum 1:9. The law of God, which Satan has reproached as the yoke of bondage, will be honored as the law of liberty. A tested and proved creation will never again be turned from allegiance to Him whose character has been fully manifested before them as fathomless love and infinite wisdom. {GC 504.1}

The destiny of the wicked is fixed by their own choice. Their exclusion from heaven is voluntary with themselves, and just and merciful on the part of God. {GC 542.2}

The fall of man, with all its consequences, was not hidden from the Omnipotent. Redemption was not an afterthought, a plan formulated after the fall of Adam, but an eternal purpose, suffered to be wrought out for the blessing not only of this atom of a world, but for the good of all the worlds that God had created. . . . {TMK 18.2}

Through creation and redemption, through nature and through Christ, the glories of the divine character are revealed. By the marvelous display of His love in giving "his only begotten Son," ... the character of God is revealed to the intelligences of the universe. {TMK 18.5}