

## **Psalms: Expressing Our Emotions**

### **Lesson 12 - I Did It - I'm Sorry**

#### **Warm up -**

1. When it comes to repentance, who are your role models?
  - Bart Simpson
  - your parents
  - Dennis Rodman
  - Bill Clinton
  - Zacchaeus
  - Other :

#### **Lesson -**

Perhaps you already know the story line: King David's army is off fighting the enemy, and instead of leading them, King David is chillin' on the roof of his palace. From there he spots his beautiful next-door neighbor Bathsheba taking her bath. King David lusts after her. So he sends for her and gets her pregnant. It gets worse. To cover up this act, he schemes to have Bathsheba's husband (who was faithful and devoted to both his king and his wife) killed. This does not exactly stand out as great behavior from someone whom God called "a man after my own heart."

God sends Nathan the prophet to confront David with his sin, and David repents. Psalm 51 is David's psalm of repentance.

The story doesn't quite end there. David and Bathsheba's infant son dies seven days after his birth, and as a result of David's sin. "the sword" comes upon David's family (2 Sam. 12:10). But God doesn't use this scandal to kick David out of his kingship. Why? Because David was truly penitent.

That's what God wants from us too. No excuses, no blaming others, just a full acknowledgement of our sin. When we blow it big-time, we need to admit it. And when we do, God is willing to forgive us and help us move on. Just as he did for David and Bathsheba, who had another son after all this - a son named Solomon.

## **Read Psalm 51: 1-6, 10-12, 17**

1. As you read this, look for what David asks God to do for him.
2. What kind of person does David think of himself as?
  - very good
  - kind of good
  - kind of bad - makes some mistakes
  - very bad
3. What kind of person asks for mercy?
  - rich person
  - poor person
  - person with nothing to offer
  - other:
4. David knows he has sinned against God, which is very bad. However, who else did David's sin affect? Name six other people or groups.
5. Describe David's attitude before the incident with Bathsheba and afterward. Perhaps, we don't always feel as penitent as we should for our own sins. How can we become more penitent?
6. Share how you feel when you do something wrong. How do you find relief from your guilt or any other feelings you have?
7. God desires a heart that is broken. Why do we always want to appear as if we can have it all together?
8. Is a guilty conscience a good or bad thing? How can we use guilty consciences to our advantage?
9. Often when we pray, we ask God to forgive our sins in a very general sort of way. This week resolve to come clean for specific wrongdoing, the way David did. Next time you meet, take a few minutes to talk about what this was like. Was it hard? How did it make you feel?