

Week 4: “Forgive us Our Sins”

Review:

How did it go praying the hand prayer this week?

Practicing Philippians 4:6-9 when you worry?

Discussion:

Ask someone to summarize the story of David, Bathsheba, Uriah & Nathan from 2 Samuel 11 and 12.

Divide into 4 groups (or, if you are fewer than 8 people, 2 groups). Ask each group to carefully read Psalm 51 and report on 1 of the following questions (or 2 questions, if you have divided into 2 groups).

- 1) What does David confess, or say about himself?

- 2) What does David request from God?

- 3) Why? (What reasons or arguments does David give)

- 4) What does David expect as a result?

Re-gather as a large group. Read Psalm 51 aloud. Ask 2-3 people to read it aloud in different translations.

Discuss the following questions:

Why would David publish this prayer in Psalms, the national song book of Israel?

What does David confess or say about himself?

What does David ask God to do?

Why? What reasons does David give when he asks God to do these things?

What do we learn about prayer from this passage? Specifically, what do we learn about praying for forgiveness?

Exercise:

Break up into pairs. Share with each other an area of sin that you struggle with. Pray together about it following David's pattern in Psalm 51.

Watch Video #4 (which summarizes today's lesson and explains the homework)

Homework:

- 1) This week, think seriously about an area of sin in your life. Confess it to at least one other person and follow the pattern of David in Psalm 51 to confess and ask forgiveness from God in the "Forgive/Forgiveness" section of the "Hand Prayer."
- 2) Pray the "hand prayer" daily, until you die or Jesus comes.

Psalm 51

To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba.

- ¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
- ² Wash me thoroughly from my iniquity,
and cleanse me from my sin!
- ³ For I know my transgressions,
and my sin is ever before me.
- ⁴ Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.
- ⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.
- ⁶ Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
- ⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones that you have broken rejoice.
- ⁹ Hide your face from my sins,
and blot out all my iniquities.
- ¹⁰ Create in me a clean heart, O God,
and renew a right[b] spirit within me.
- ¹¹ Cast me not away from your presence,
and take not your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation,
and uphold me with a willing spirit.
- ¹³ Then I will teach transgressors your ways,
and sinners will return to you.
- ¹⁴ Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.
- ¹⁵ O Lord, open my lips,
and my mouth will declare your praise.
- ¹⁶ For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.
- ¹⁷ The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.
- ¹⁸ Do good to Zion in your good pleasure;
build up the walls of Jerusalem;
- ¹⁹ then will you delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.