



5-WEEK STUDY ON
THE PSALMS OF DAVID

WEEK 4

David's Prayer When
He Felt Guilty

PSALM 51

WHEN LIFE GIVES YOU LEMONS
DISCOVERING HOPE IN THE PSALMS OF DAVID

WEEK 4



WEEKLY READING

Primary text from this week: Psalm 51

Secondary text from this week: 2 Samuel 11-12, Psalm 32, Psalm 103

Read ahead for next week: 2 Samuel 13-18, Psalm 3

GETTING STARTED

Goals for this session: To understand what to do when we feel guilty

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: Tell the group how many traffic tickets you've gotten

GROUP DISCUSSION

1. Review David's story in **2 Samuel 11** and think about all the pain and suffering initiated by David's selfish act (sleeping with Bathsheba). Why do you think we are so prone to disregarding the potential consequences of our sin?

2. Read **2 Samuel 12:13** and **Psalm 51:4**. What does David declare in both verses? Why is it so important?

3. Pastor Doug described the two most common options when it comes to our feelings of guilt: **(1) avoid it**, or **(2) be overwhelmed by it**. Which of these two options are you most prone to? Share an example.

4. Pastor Doug described a third option for dealing with guilt: **(1) confess**, **(2) repent**, and **(3) accept forgiveness** from God. Which of these is most difficult for you? Why?

5. Confession is difficult for many of us. Compare David's experience in **Psalm 32:3-4** with his experience in **Psalm 32:5**. What differences stand out to you?

6. Read **Psalm 32:11**. What do you think is the connection between experiencing God's forgiveness (in **Psalm 32:5**) and David's expression of worship in **Psalm 32:11**?

7. Read **Psalm 103:8-12** (another Psalm David wrote after his affair with Bathsheba). Finish by sharing your reaction to that passage.

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PRAY

Pray for each other: Have the group leader or a volunteer pray that God would bring freedom from guilt for each member of the group.

Pray on your own: Ask God to help you see where guilt is affecting your relationship with God and your relationships with others.

ACTION STEPS

Is there someone in your life that you're laying a guilt trip on? Maybe you're holding a past mistake over their head to make them "pay" for what they did. Pray and ask God to help you forgive that person so you can fully experience the forgiveness of God yourself (**Mark 11:25**).

NOTES

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