

SERIES 3: PRAISE YE THE LORD

# 3.3

## CREATE IN ME A CLEAN HEART

### **TRUTH ABOUT GOD**///

God will forgive us when we repent.

#### **SERIES AIM**

The Book of Psalms provides us with great insight and encouragement in a number of areas for our walk with God. The series will look at the way the psalms direct our Christian lifestyle.

#### **BIBLICAL PASSAGE**

Psalm 51:1-19

#### **LESSON BIG IDEA**

I will repent when I sin.

### **WHERE DO WE BEGIN?**///

God is a God of restoration. He forgives us so we can be restored. Sometimes when we mess up and have to repent, we feel like we are starting over with God. We believe we must do a bunch of extra things to re-earn His favor. This is not true. When we repent, God restores us all the way back to where we were when we fell.

Repentance does not have to be something eloquent. You do not have to say a bunch of fancy words for God to be willing to forgive you. Just speak from the heart. Admit the wrong that you have done, and admit that you need Jesus' help to right that wrong. When you do, He will visit you. He will forgive you, He will restore you, and He will remind you of just how much He loves you.



## WHERE DO WE GO FROM HERE? ///

The following questions, devotions, and action points can be used any way that you feel comfortable. We suggest that you use a journal, your notes app on your phone, or even the spaces provided in this daily devotional book to take notes, write answers, and make lists. The purpose of this resource is simply to give you a space to interact with the Word of God and reflect on what you learn from that experience.

/// Have you ever experienced temptation?

/// How often is temptation a problem in our lives?

/// How often does temptation come through a person or a habit?

/// What are some things you can do to protect yourself from temptation?

# DAILY DEVOTIONAL GUIDE ///

## HE WILL FORGIVE US

### MONDAY, NOVEMBER 22

**Read James 1:14.**

But every man is tempted, when he is drawn away of his own lust, and enticed.

The truth about sin and temptation is that we are all very different. Different temptations affect people differently. The enemy knows what works on you, so it is very important to know for yourself what temptations are problems for you, because the devil is going to throw everything he has at you to try to make you slip up and sin. Temptation will never be something we can completely avoid, but if we are willing to set up some guidelines in our lives, we can be really good about avoiding unnecessary temptation. It starts with prayer and may require you to give up some things along the way, but it is so much better to delete a tempting app than to find yourself swallowed by sin and unable to get out.

**Jr. High ///** How can apps and forms of social media be productive? How can they be destructive?

**Sr. High ///** What are some beneficial ways to use social media? If we aren't using them for that purpose, then what is the point?

### TUESDAY, NOVEMBER 23

**Read Colossians 2:13-14.**

And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

This passage is a declaration of victory that is so inspiring! You were dead in sin, but God has rescued you and revived you. Your sins are erased, nailed to the cross and dead like your past because of Jesus' sacrifice. The enemy is defeated; kingdoms and powers of sin and evil have been torn down. Jesus has conquered every enemy, and in His victory the enemy has no more power to persecute the men and women of God. Wow! Are you thankful to serve a God that is powerful and victorious? There is no question that He is in control of the world. And if we will let Him, He will be in control of our lives. If you are afraid, give it to Him. If you have doubt, give it to Him. He has won and will reign over Heaven and the earth forever.

**Jr. High ///** What are some ways that you know God is in control?

**Sr. High ///** If we are having trouble giving God control of our lives and problems, what can we do to be more open with Him?

## HE WILL FORGIVE US

### WEDNESDAY, NOVEMBER 24

#### Read Psalm 51:1-3.

Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.

Admitting you are wrong is one of the most difficult things anyone must do. Often it's awkward, embarrassing, and leaves you feeling defeated—like all the air rushing out of a balloon. It is never easy, but it is always necessary if you want to preserve any kind of friendship or relationship. At some point or another you will be wrong, but are you going to be big enough in that moment to admit it? What is so amazing about God is that no matter what you do, you are never out of reach of His love and forgiveness. No matter the sin and regardless of how bad you've messed up, if you are willing to admit to God that you made a mistake, He is ready to pour out limitless grace and forgiveness. Get past the embarrassment and understand that you, not your insufficiencies, are what matters to God. He just wants you to recognize you messed up, and He will set you free from that guilt.

**Jr. High ///** *God forgiving you is never an issue, but how do you forgive yourself? Write a letter to yourself, in your journal, forgiving yourself for past mistakes and bad decisions.*

**Sr. High ///** *Writing a letter to yourself can be beneficial mentally and spiritually. In your journal, write a letter to yourself about forgiveness and moving on from your past mistakes.*

### THURSDAY, NOVEMBER 25

#### Read Psalm 51:10.

Create in me a clean heart, O God; and renew a right spirit within me.

When we talk about spiritual things, a lot of people like to talk about our spiritual health separately from our physical and mental health. That can confuse us about just how in tune we need to be across all areas of our lives in a way that is fulfilling and joyful. Everything we do to our bodies and our minds affects our spiritual lives, so when the psalmist asks for a clean heart and a right spirit, he is hitting on the necessity of purity and balance. We need to take care of our bodies by eating right and getting enough sleep. We need to take care of our hearts as we protect ourselves from harmful people and relationships. And most important, we need to fuel our spirits as we fill our lives with good things and righteous thoughts. Feeding your soul with the Word of God and dedicating time to your relationship with God are nonnegotiables. If we can find balance and health in all of these areas through the renewal God offers us, our lives will be happy and fulfilled.

**Jr. High ///** *This one should be easy. Set a bedtime tonight and stick to it. Read your Bible and pray before bed for good measure.*

**Sr. High ///** *Set a bedtime for your physical health, and set time before bed to read your Bible and pray for your spiritual health. Think of some other ways you can be a good steward of your health this week.*

## HE WILL FORGIVE US

### FRIDAY, NOVEMBER 26

#### Read I John 1:9.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Jesus wants us to live better and to admit when we're wrong. And since sin separates us from Him, of course He wants us to stay away from sin. Jesus loves it when we live righteously and do the right thing, so why is it so difficult for us to do that? What always gets in your way when you are doing your best and quickly find yourself on the wrong side of a bad decision? If we take a moment to look inside ourselves, those answers become pretty clear. As much wrong as we do and as much as we consistently fail, Jesus still loves us. He still wants to forgive us and cleanse us from all of our sin. Even when we don't have it all figured out, He is there to make things right like only He can.

**Jr. High /// Spend some time outside today. Meditate on the last week, and think about interactions where you could have acted more appropriately.**

**Sr. High /// Spend some time outside today. Meditate and pray about the interactions you have had with friends and family this week. Did you always respond correctly? Did you listen and obey when asked? What prevented you from making the right decisions when you didn't use the best judgment?**

### SATURDAY, NOVEMBER 27

#### Read Psalm 51:12.

Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

The psalmist had clearly been through a lot. Sin, problems, mistakes: every one of these felt all too common for the writer. But it is only because the psalmist had made it through his troubles that he could write from this simple and powerful perspective. Salvation is joy; freedom is what we require to live in a way that isn't oppressive and soul-crushing. When we are forgiven, the work of God in our lives is freedom and salvation; it's the renewal of our minds that the Bible talks about. This freedom that comes in our salvation is the only thing that keeps Christians moving forward. Because when you look back on your past, and you are no longer defined or bound by your mistakes, life becomes everything you want it to be and everything God intends it to be for His people.

**Jr. High /// Take some time to pray that God would forgive you and renew your mind. Write down some reasons why we need to be renewed in Jesus.**

**Sr. High /// Pray and ask God to forgive you for your mistakes today. Ask Him to renew your heart and mind. Finally, write down in your journal some ways that God renews us and why it is important to go through that renewal process consistently.**

