

**Psalm 51 (NIV)**

*For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.*

- 1 Have mercy on me, O God, according to your unfailing love; according to your great compassion, blot out my transgressions.
- 2 Wash away all my iniquity and cleanse me from my sin.
- 3 For I know my transgressions, and my sin is always before me.
- 4 Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.
- 5 Surely I was sinful at birth, sinful from the time my mother conceived me.
- 6 Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.
- 7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.
- 8 Let me hear joy and gladness; let the bones you have crushed rejoice.
- 9 Hide your face from my sins and blot out all my iniquity.
- 10 Create in me a pure heart, O God, and renew a steadfast spirit within me.
- 11 Do not cast me from your presence or take your Holy Spirit from me.
- 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
- 13 Then I will teach transgressors your ways, so that sinners will turn back to you.
- 14 Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness.
- 15 Open my lips, Lord, and my mouth will declare your praise.
- 16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.
- 17 My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.
- 18 May it please you to prosper Zion, to build up the walls of Jerusalem.
- 19 Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.

**Learning to Talk to God: I'm Sorry  
September 17, 2017**

The Story of David's Sin (2 Samuel 11-12)

\_\_\_\_\_ we confess.

\_\_\_\_\_ we confess  
with God's \_\_\_\_\_ (Psalm 139:23-24)

rather than \_\_\_\_\_ we \_\_\_\_\_

rather than \_\_\_\_\_ or \_\_\_\_\_  
we \_\_\_\_\_

rather than \_\_\_\_\_ we \_\_\_\_\_

We confess with true \_\_\_\_\_

We confess with a \_\_\_\_\_ to \_\_\_\_\_

Confession is not an \_\_\_\_\_ but a \_\_\_\_\_

How will you practice confession this week?

*A prayer based on the teaching of Jesus*

Lord, you said, "If you love me, you will obey what I command."

**Forgive us our lukewarm love and our disobedience.**

Lord, you said, "You may ask for anything in my name."

**Forgive us when we think we need to solve our own problems.**

Lord, you said, "Do not let your hearts be troubled and do not be afraid."

**We confess that our lives are often consumed by worry and anxiety.**

Lord, you said, "If you remain in me and I in you, you will bear much fruit."

**Forgive us our barren lives, Lord.**

Lord, you said, "You must testify, for you have been with me."

**We confess, Lord, that we have been too often silent.**

Lord, you said, "Love each other as I have loved you."

**In this and in so many other ways,  
we confess our failures and shortcomings.  
Amen.**

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Some Spiritual Exercises related to confession and self-examination\*

1) Ask some of your family and close friends to help you see your blind spots. Ask questions like, What do I do that hurts you? How could I better love you? What is it like to be with me? Do I show interest in others or talk mostly about myself? Let their answer guide you in a time of confession.

2) Turn to Psalm 32 or Psalm 51. Use the psalm as a way of bringing your own sins before God. How does God meet you in these confessions of David?

3) How in touch do you feel with your own sin? If you feel out of touch with your sin, honestly consider where some of the following sins show up in your life: envy, lust, greed, gluttony, deceit, lying, exaggerating, anger, pretense, avoidance of responsibility. What do you see about yourself? How you want to talk to God about these things? Confess where you have fallen short of God's expectations, and receive his forgiveness.

4) Imagine the kind of person you would like to become in your old age. Then look at your life and assess whether or not the way you live now is preparing you to become this person. Confess where you need to change. Ask God and the community of faith for help.

\* from *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun, InterVarsity Press, 2005; pp93-94