

## Week 3 - Oct 5

### Gospel & The Heart: Repent, Psalm 51:1–12

#### Welcome & Opening Prayer

Pray for God's Spirit to bring honesty, godly sorrow, and joy through repentance.

#### Sermon Debrief: Open Share

Invite space for people to share what impacted them directly from the sermon.

Prompts:

- What line, image, or moment from the sermon stuck with you? Why?
- What area of your life did you sense the Spirit pressing you toward repentance?
- Did anything feel both “painful” and hopeful at the same time?

#### Read the Text

Have one voice read **Psalm 51:1–12** slowly.

#### A. Repentance Begins with Honesty (vv. 1–3)

David doesn't minimize his sin—he names it before God. After Nathan's rebuke (2 Sam. 12), he faces his sin instead of hiding it.

*Discuss:*

- What makes honesty about our sin difficult for you?
- How do you tend to hide, spin, or excuse your sin instead of confessing it?

#### B. Repentance Goes Deeper than Guilt (vv. 4–6)

David sees that sin is ultimately against God. Though others were harmed, the root problem is before His holiness. Repentance isn't penance or earning favor—it's clinging to God's mercy.

*Discuss:*

- How is repentance different from “feeling bad” or trying to make up for your sin?
- Where do you see the “sin beneath the sin” in your own life—deeper desires, mistrust, or misplaced loves?

#### C. Repentance Anticipates Joy (vv. 7–12)

Repentance leads not to despair but to restoration and joy through Christ's

finished work.

*Discuss:*

- Why do you think joy is central to real repentance?
- How have you experienced God's forgiveness leading you to freedom and gladness?
- Where do you long for God to “restore to you the joy of His salvation” right now?

#### General Discussion — True vs. False Repentance

Consider the two quotes shared from the sermon: “*Penance is human effort to save ourselves with our own suffering.*” - Jack Miller “*He cannot trust that God will shew mercy to him, till, by his penitence and reformation, he recommend himself to His favour.*” - John Colquhoun

- What's the difference between guilt-driven “penance” and grace-driven repentance (Jack Miller / John Colquhoun)?
- How does God's kindness (Romans 2:4) and promise of refreshment (Acts 3:19–20) reshape how we repent?

#### Soft Accountability: Next Step

Everyone names **one small step of repentance** this week—something to turn from and something to turn to in Christ. Encourage honesty and grace.

#### Prayer Requests & Closing Prayer

Pray Psalm 51 together in paraphrase:

“Create in us a clean heart, O God, renew a right spirit within us, and restore to us the joy of your salvation.”

#### Closing Thoughts: This Week's Practice

- Pray through Psalm 51:1–12 at least twice this week.
- Journal with this Key Question: *Where do I need God's mercy to restore me to joy?*
- Optional: Memorize Psalm 51:10–12.

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