

Words with God | Praying Our Repentance | Psalm 51

GET READY | How can I come prepared?

1. Watch the message if you can. You can find the latest message on [YouTube](#) or our [website](#). Be ready to share any “aha moments” or takeaways you had.
2. Read Psalm 51 on your own. Jot down any observations or questions you have.

CATCH UP | How are we doing?

1. Confession time! What’s your favorite guilty pleasure snack?

DIG IN | What’s God saying in Scripture?

Quiet your hearts, pray and then read Psalm 51 out loud. Reflect on the passage together. If necessary, use some of the questions below to jump start your conversation.

What is it about “contriteness” that God loves so much?

1. In this Psalm, David confesses his sin, trusting that God faithfully moves toward those who are honest with Him about the darkness in their own soul. Read Luke 18:19-14 and talk about the differences between a religious heart and a repentant one.

The Prayer of Confession

1. Psalm 51:1-3 shows what a prayer of confession looks like. What does David know about himself? What does he know about God?

Who should I tell about this sin?

1. Intimate Christian friendship is a great gift. If no one knows your vulnerabilities, temptations and sin habits, you’re in danger. But it is unwise to be an open book to more than 2-3 people. A general rule is that “confession should be as wide as the offence.”

WIND DOWN | How can we encourage one another?

1. This week, try praying your repentance along with David and Psalm 51. If you don’t have a trusted confession partner, pray that God opens your eyes to a trusted friend.