

# A BROKEN AND *HUMBLER* HEART

unit 11 | session 4



## CHRIST CONNECTION

Because of sin, we are destined for death and destruction. But when we repent and trust in Jesus to save us, turning from our old ways, He forgives and restores our relationship with Him.

## **DOWNFALL** BEGINS IN THE HEART

This week, we're covering the passages and main points below. But we encourage you to dig in and read all of the content on this timeline.

### **2 Samuel 11—2 Samuel 12**

#### **WE'RE ALL CAPABLE OF SINNING**

##### **2 SAMUEL 11:2-5,14-17**

2 It happened, late one afternoon, when David arose from his couch and was walking on the roof of the king's house, that he saw from the roof a woman bathing; and the woman was very beautiful. 3 And David sent and inquired about the woman. And one said, "Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?" 4 So David sent messengers and took her, and she came to him, and he lay with her. (Now she had been purifying herself from her uncleanness.) Then she returned to her house. 5 And the woman conceived, and she sent and told David, "I am pregnant." . . . 14 In the morning David wrote a letter to Joab and sent it by the hand of Uriah. 15 In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, that he may be struck down, and die." 16 And as Joab was besieging the city, he assigned Uriah to the place where he knew there were valiant men. 17 And the men of the city came out and fought with Joab, and some of the servants of David among the people fell. Uriah the Hittite also died.

#### **REPENTANCE IS OUR ONLY RESPONSE TO SIN**

##### **2 SAMUEL 12:1-15**

1 And the LORD sent Nathan to David. He came to him and said to him, "There were two men in a certain city, the one rich and the other poor. 2 The rich man had very many flocks and herds, 3 but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children. It used to eat of his morsel and drink from his cup and lie in his arms, and it was like a daughter to him. 4 Now there came a traveler to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the guest who had come to him, but he took the poor man's lamb and prepared it for the man who had come to him." 5 Then David's anger was greatly kindled against the man, and he said to Nathan, "As the LORD lives, the man who has done this deserves to die, 6 and he shall restore the lamb fourfold, because he did this thing, and because he had no pity." 7 Nathan said to David, "You are the man! Thus says the LORD, the God of Israel, 'I anointed you king over Israel, and I delivered you out of the hand of Saul. 8 And I gave you your master's house and your master's wives into your arms and gave you the house of Israel and of Judah. And if this were too little, I would add to you as much more. 9 Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword and have taken his wife to be your wife and have killed him with the sword of the Ammonites. 10 Now therefore the sword shall never depart from your house, because you have despised me and have taken the wife of Uriah the Hittite to be your wife.' 11 Thus says the LORD, 'Behold, I will raise up evil against you out of your own house. And I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun. 12 For you did it secretly, but I will do this thing before all Israel and before the sun.'" 13 David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die. 14 Nevertheless, because by this deed you have utterly scorned the LORD, the child who is born to you shall die." 15 Then Nathan went to his house. And the LORD afflicted the child that Uriah's wife bore to David, and he became sick.

## MAIN POINT.

Allowing sinful desires to take root leads to devastation.



## THEOLOGY CONNECTION

### REPENTANCE

Repentance is a response to God's gracious call to salvation. It includes a genuine sorrow for one's sin (Luke 5:1-11), a turning away from one's sin toward Christ (Acts 26:15-20), and a life that reflects lasting change and transformation (Ps. 119:57-60). It is the human counterpart to God's work of regeneration; in other words, the human side of our conversion.

# DISCUSSION

## WE'RE ALL CAPABLE OF SINNING

2 SAMUEL 11:2-5, 14-17

- When are we most vulnerable to temptation? What could David have done differently?
- ♥ • What does David's downfall show you about how we fall?
- 👤 • What does this passage help you understand about how our sin affects others?

## REPENTANCE IS OUR ONLY RESPONSE TO SIN

2 SAMUEL 12:1-15

- ✝ • Why can we often recognize other people's sins but not our own?
- 📖 • How do you typically respond when you realize you've sinned? What does David show us about the right response?
- How do others sometimes help us see our sin? Why don't we always respond like David responded?



**WHERE ARE YOU SLOWLY GIVING THE ENEMY AN OPPORTUNITY? HOW CAN YOU TURN TOWARD ACCOUNTABILITY?**

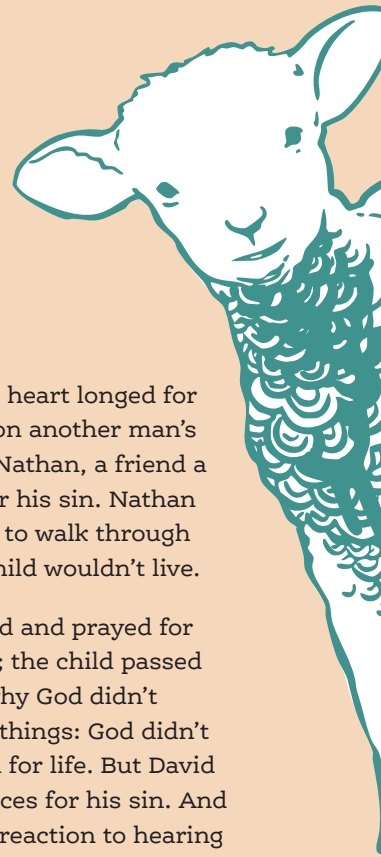
## CULTURAL CONNECTION

Some of us feel the pressure to be perfect. Maybe it's an expectation placed on us, or maybe it's a pressure we put on ourselves. This pressure usually applies to grades, sports, social status, extracurricular activities, and even to our walk with God. Because we're human, we're going to mess up. We're going to fall short and sin (Rom. 3:23). When we do, it can really hurt. How do we move past our failures and mistakes when it hurts so much? We need to know this truth: "For he knows our frame; he remembers that we are dust" (Ps. 103:14). In other words, the Lord made you and knows your imperfections. God isn't waiting to punish you for your failures. He wants you to confess your sin and turn to Him for help. So often, we run from God out of shame because we have a wrong understanding of who He is. But He loves us so much that He gave His Son for us. And like any good Father, He wants to guide us through our mistakes instead of allowing us to stay stuck in them.



## DAY ONE

# 2 SAMUEL 12:15b-25



David's story took a drastic turn, as we studied this week. Although David's heart longed for the Lord, in a moment of weakness, he allowed his eyes to linger too long on another man's wife. He gave in to his sinful desires and committed adultery and murder. Nathan, a friend and prophet, helped David see his sin, and David repented. His heart broke over his sin. Nathan explained that although God had forgiven David, He would still allow David to walk through painful consequences. Uriah's wife, Bathsheba, bore David a son, but the child wouldn't live.

The rest of the story is heartbreaking. David asked God for mercy. He fasted and prayed for seven days, begging for God to spare his son. In the end, Nathan was right; the child passed away. This story can be difficult for us to read. It's hard to make sense of why God didn't answer David's prayer, especially when he was sorry for his sin. Here's the thing: God didn't take joy in the consequences either. His heart is for the good of people and for life. But David took Uriah's life. For reasons God knew, David had to encounter consequences for his sin. And David learned valuable lessons through them. We must also notice David's reaction to hearing about his son's death. He peeled himself off the ground, washed himself, and worshiped the Lord as the giver and taker of life. David didn't perceive the Lord's decision as cruel. He took comfort in the truth that one day he would join his son in eternity and all things would be made right. Not every story ends well. Sin really does lead to death (Rom. 6:23). God so often spares us from painful consequences when we repent of our sin, and when He doesn't, we can trust His ways are still good.

- **WHY DOES GOD ALLOW US TO FEEL THE CONSEQUENCES OF OUR SIN?**
- **HOW CAN YOU STILL KNOW GOD IS GOOD EVEN WHEN YOU SUFFER THESE CONSEQUENCES?**

## PRAY

**GOD, THANK YOU FOR SO OFTEN SHOWING ME  
MERCY WHEN I SIN. WHEN I DO EXPERIENCE  
PAINFUL CONSEQUENCES, HELP ME TO REMEMBER  
THAT YOU'RE GOOD, AND HELP ME TO LEARN FROM  
MY FAILURES.**



## DAY TWO

# PSALM 51

Have you ever had a hard time moving forward? For instance, maybe a friend betrayed your trust, and even though they were genuinely sorry, you had a tough time moving past it. Or maybe you let someone down in a big way, and even though they forgave you, you had a hard time moving forward and forgiving yourself. It can be difficult to move past our hurt and our failure, can't it?

Psalm 51 is David's cry to the Lord in his pain after he sinned with Bathsheba. The prophet Nathan confronted David, and David immediately confessed his sin. But his pain lingered. In this psalm, we get a peek into David's heart and how he would attempt to move forward. David didn't try to downplay his sin; he laid it bare in front of the Lord. He also confessed that his sin was against God and that God was right in issuing consequences (v. 4). David asked God to restore him and to give him a clean heart because he had faith that God could do this. Here's the deal: God can and will restore us when we sin. In the moment, we may feel like our mistakes will always define who we are, especially if our sin was made public. But Jesus died and rose again so that we could experience restoration and salvation. God can restore our joy; He walks with us when we confess and repent, and He helps us move forward. David modeled that the way to move forward begins with bowing low before God in confession.

- **WHEN HAVE YOU FELT LIKE YOU COULDN'T MOVE FORWARD FROM YOUR SIN, SHAME, OR HURT?**
- **WHAT PARTS OF DAVID'S PRAYER SEEM BOLD? HOW CAN YOU IMITATE HIM WHEN YOU'VE SINNED?**

## PRAY

**GOD, SOMETIMES WHEN I SIN, THE DISAPPOINTMENT  
MAKES ME FEEL LIKE I CAN NEVER MOVE FORWARD.  
THANK YOU FOR WALKING WITH ME AND RESTORING  
ME WHEN I CRY OUT TO YOU FOR FORGIVENESS.**



## DAY THREE

# 1 PETER 5:6-9

Have you ever watched a lion stalk its prey? The lion usually crouches low to the ground and hides among the grass. It moves slowly and deliberately as it calculates the prey's next move. The lion inches closer and closer until it finds the perfect moment to pounce on the unsuspecting prey. From that point forward, it's not a pleasant situation to watch unfold.

It's no wonder that Peter compares Satan to a lion. Satan, our enemy, prowls around looking for people to devour (v. 8). Like the lion, he can be hard for us to see, and just when we feel safe and out of his reach, he attacks. Here's how that really plays out: We know Satan is real and active. But instead of staying alert and watchful, we put our heads down; we get busy with our daily lives; we get distracted by the things of this world. And we stop noticing all the little ways that sin creeps in. Satan often attacks us through slow and deliberate methods. We don't fall in a day; instead, it happens when we slowly and surely compromise what we know is true and begin justifying sin. We begin to embrace it. Then one day, we look up and realize how far we've fallen. It's a lot like drifting in the ocean; the current moves you down the shoreline without you even realizing it. So, how do we protect ourselves from these attacks? Peter says to stay "sober-minded." In other words, we keep our heads up; we keep our eyes open and fixed on Christ; we pray bold prayers asking the Lord to show us our sin; we stay connected to people who can help us see our weaknesses; we surround ourselves with people who are also seeking Jesus; and we stay in God's Word and let it transform our hearts and our minds. This is how we stay awake and alert. Though Satan is very real and would love to bring you down, God has given you everything you need to stand against him (Eph. 6:10-13).

- **THINK ABOUT THE TIMES YOU'VE COMPROMISED. DID IT HAPPEN SUDDENLY OR SLOWLY OVER TIME? EXPLAIN.**
- **WHERE ARE YOU DRIFTING? WHAT DO YOU NEED TO DO NOW TO STAY SPIRITUALLY AWAKE AND ALERT?**

## PRAY

GOD, I CONFESS THAT SOMETIMES I'M NOT ALERT.  
I PUT MY HEAD DOWN AND GET CONSUMED WITH  
WORLDLY THINGS. I FORGET THAT I HAVE AN ENEMY.  
HELP ME TO STAY ALERT AND TO NOTICE THE SIN IN  
MY LIFE.



## DAY FOUR

# 1 CORINTHIANS 10:12-13

Have you ever heard the phrase, “The devil made me do it”? Many times, people use it to be funny, but a lot of people believe this phrase holds truth. They assume Satan actually has enough power to make them sin. The phrase implies that we’re powerless and defenseless against him, that temptation is sometimes just too strong to resist, and we have no choice but to give in to our sinful desires. These thoughts are not only not found in Scripture, but God’s Word teaches the exact opposite!

Here’s why we’re without excuse when we sin: God always gives us a way out when we experience temptation. Sure, sometimes the temptation is incredibly strong. We may put ourselves in a position where saying no feels almost impossible. We may feel like we stand to lose too much—popularity, relationships, security, money, and so on. The way out may be the very way we don’t want to go. But God has promised there will always be a way out. You may be caught up in a toxic and sinful dating relationship, and the way out is to break it off. You may be deeply embedded in gossip, and the way out is to walk away from those conversations. You may find yourself looking at things on your phone that you know are harmful, and the way out is to surrender your phone to your parents or to remove certain apps. Whatever you’re facing, know that there is a way out of it. You must simply choose to take it. When you do, you’ll find freedom from the sin that holds you captive.

- **WHEN HAVE YOU CHOSEN NOT TO TAKE THE WAY OUT WHEN YOU FACED TEMPTATION?**
- **WHAT COULD YOU HAVE DONE DIFFERENTLY? HOW CAN YOU MAKE A DIFFERENT DECISION NEXT TIME?**

PRAY

GOD, THANK YOU FOR OPENING MY EYES TO  
SEE THAT YOU ALWAYS PROVIDE A WAY OUT OF  
TEMPTATION. HELP ME TO CHOOSE THAT WAY EVEN  
WHEN IT’S NOT THE WAY I WANT TO GO.





## DAY FIVE

### JAMES 1:13-15

This week, we've cleared up a few misunderstandings about sin and temptation. Yesterday, we read about how God always gives us a way out, which means Satan can't make us sin. He can't make us do anything. Another false idea about temptation that even believers sometimes don't realize is false is the idea that God tempts us. But the truth is that we aren't tempted by anyone but ourselves and the enemy.

James cleared up this misconception when he explained that God doesn't tempt us. James clarified that we are actually tempted by our own evil desires. Instead of surrendering a sinful desire, we allow ourselves to dwell on it by entertaining the idea in our minds and considering how we can act on it. And this leads to sin. Here's an example of how this happens: You may have a desire for worldly popularity. You want to fit in with people who don't honor the Lord with their lifestyles. To earn their approval, you compromise godly standards. Maybe this looks like attending a party where you know things will happen that don't honor the Lord. Maybe it looks like gossiping. Maybe it looks like drinking alcohol or dressing immodestly to get attention. Satan didn't make you do it, nor did God tempt you. You were led by your own desires, and since you followed them and didn't take the way out, you sinned. This is why we have to take every desire to the Lord. God gives us good desires, and He takes joy in giving us what we need. But when we experience a sinful desire, we must consider how to stop it from developing any further. We must determine not to entertain the idea of it because when we do, we open ourselves up to temptation.

- **WHAT TEMPTS YOU THE MOST? WHAT ARE YOUR WEAKNESSES?**
- **WHY IS IT IMPORTANT FOR YOU TO KNOW YOUR AREAS OF WEAKNESS?**

PRAY

**GOD, I CONFESS THAT I HAVEN'T ALWAYS  
RECOGNIZED MY SINFUL DESIRES. INSTEAD OF  
SURRENDERING THEM, I ENTERTAIN THEM. HELP ME  
TO WALK AWAY FROM ANYTHING THAT TEMPTS ME  
TO SIN AGAINST YOU.**