

# Restoring Joy: The Discipline of Repentance

Psalm 51

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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## Psalm 51

Have mercy on me, God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.

<sup>2</sup> Wash me thoroughly from my iniquity,  
and cleanse me from my sin!

<sup>3</sup> For I know my transgressions,  
and my sin is ever before me.

<sup>4</sup> Against you, you only, have I sinned  
and done what is evil in your sight,  
so that you may be justified in your words  
and blameless in your judgment.

<sup>5</sup> Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.

<sup>6</sup> Behold, you delight in truth in the inward being,  
and you teach me wisdom in the secret heart.

<sup>7</sup> Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.

<sup>8</sup> Let me hear joy and gladness;  
let the bones that you have broken rejoice.

<sup>9</sup> Hide your face from my sins,  
and blot out all my iniquities.

<sup>10</sup> Create in me a clean heart, O God,  
and renew a right spirit within me.

<sup>11</sup> Cast me not away from your presence,  
and take not your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation,  
and uphold me with a willing spirit.

<sup>13</sup> Then I will teach transgressors your ways,  
and sinners will return to you.

<sup>14</sup> Deliver me from bloodguiltiness, O God,  
O God of my salvation,  
and my tongue will sing aloud of your righteousness.

<sup>15</sup> O Lord, open my lips,  
and my mouth will declare your praise.

<sup>16</sup> For you will not delight in sacrifice, or I would give it;  
you will not be pleased with a burnt offering.

<sup>17</sup> The sacrifices of God are a broken spirit;  
a broken and contrite heart, O God, you will not despise.

<sup>18</sup> Do good to Zion in your good pleasure;  
build up the walls of Jerusalem;  
<sup>19</sup> then will you delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

### Table Discussion Questions:

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1. Can you think of examples of things we feel guilty for, but probably shouldn't? What about things that we don't feel guilty (convicted) about, but should? How can we tell the difference?
2. Have you ever struggled with persistent feelings of guilt? How have you handled those burdens of guilt in your life?
3. When have you tasted the joy of forgiveness? What was that like for you?
4. Does your confession tend to be along the lines of, "Forgive my sins," rather than specifically naming your sins before God? What does the lack of specific confession do to self-awareness?
5. Why is confession and repentance so vital to the Christian life? In what way do you want to apply this discipline going forward?

**Challenge this Week:** This week, before going to sleep each night, spend time reviewing your day and humbly confessing your sins from the day to God. Consider this guide:

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- Think about God's holiness and grace, displayed in the life of Jesus Christ.
- Pray for God's presence and illumination. Ask God's Spirit to be with you and for your eyes to be open as you consider your day.
- Examine yourself prayerfully:

"Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!" (Psalm 139:23-24)

- Pray in gratitude for every sign of God's loving presence, and pray in sorrow, repenting of any place you have resisted His loving will.
- Receive these words of assurance, leaning on the promises and mercy of God:

"If You, O Lord, should mark iniquities, O Lord, who could stand? But with You there is forgiveness, that You may be feared. I wait for the Lord, my soul waits, and in His word I hope." (Psalm 130:3-5)

- Conclude in prayer, offering yourself body and soul, in your thoughts, words, and actions, as a living sacrifice to God, which is your spiritual worship.