

Knee Deep

The Good News is Repentance | Week 16

Reflection Questions

Many Psalms are gut-wrenching cries of people seeking forgiveness. Psalm 32 and 51 are two great models for guiding our own repentance before God.

Psalm 32

1. Recount a time when your own guilt or shame led you to experience the bone-wasting description in 32:3-4.
2. The Psalmist finds the forgiveness that leads to restoration and relief in confessing to God. Talk about a time, and take a moment to confess your own “transgressions to the Lord” now for anything that’s wasting you away and receive his forgiveness.
3. Verse 9 says “do not be like the horse or the mule...” How is an unrepentant person like a horse or mule? How are you?

Psalm 51

4. This Psalm writer (probably David) has a strong awareness of his own sin. (Read 2 Samuel 11-12 for context.) What are some unrepented areas you’re currently aware of? How does it go deeper than just the things you do?
5. Talk about a time when 51:10-12 was your prayer.
6. What, according to this Psalm, does God really desire? What seems less important to him? What insight does this give into the heart of God and what he wants for you?

Memorize Psalm 1:1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

Week 16 Reading Plan

Mon: Luke 15

Tues: Ps 61

Wed: Ps 62

Thur: Ps 63

Fri: Ps 64

Extra read: Ps 119 aleph

Action Step

Each weekday, carve a prayer time with God. Use a Psalm from Sunday or the reading plan to guide your attitude and requests.