



David from the heart **Week 5 – 'Repentance: from the heart'**

This week's memory verse...

'Create in me a pure heart, O God, and renew a steadfast spirit within me.' – Psalm 51 v.10

The Bible has a lot to say about sin and the devil ...

'... all have sinned and fall short of the glory of God.'
– Romans 3 v.23

'Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.'
– 1 Peter 5 v.8

'... if you think you are standing firm, be careful that you don't fall!'
– 1 Corinthians 10 v.12

What made David vulnerable to sin ...

He put himself in the wrong place at the wrong time
His heart was centred on himself and not on God
He was accountable to no-one
He entertained sin rather than running away

There are four aspects to repentance ...

1. An open and unguarded admission
2. A desire to make a complete break from sin
3. A spirit that is broken and humble
4. Claiming God's forgiveness and living in His grace

Lifegroup notes 15 07 2012

Doctor's opening question

*When we are nervous, scared or excited our hearts beat faster.
Briefly share a recent experience of this.*

Doctor's tests

Test 1 – David's heart became centred on himself and not on God. How would you describe your heart's state in relation to God? Spend time speaking into people's responses.

Test 2 – Read Proverbs 27 v.20, 6 v.27 and 27 v.6. These verses speak wisdom into our lives and help us not to get caught in sin. Which other Proverbs or words of wisdom have guided you over the years? How do you use them?

Test 3 – Read 2 Samuel 12 v.1-13. Nathan, the prophet, spoke directly into David's life, causing him to deal with his sin. Do you have a 'Nathan' in your life? Could you be a 'Nathan' to someone else? How can we be better at this?

Doctor's diagnosis and treatment ...

Look at the memory verse together ...

'Create in me a pure heart, O God, and renew a steadfast spirit within me.'

– Psalm 51 v.10

Think again about the state of your heart. As you spend time in God's presence, personally go through the four aspects of repentance, then move to pray the memory verse over one another.