



# Leader Guide



Series: Presence

Lesson Title: Confessions (Psalm 51) Date: 12/14/11

Resource: Live Curriculum Simply Youth Ministry

## LESSON OVERVIEW

This lesson will help your students understand how they can approach God in dealing with their sin, and how they can move forward in repenting of sin and experiencing God's presence.

## STARTER QUESTIONS (Pick 2 for your group.)

**Why do Christians face more temptations than people who aren't followers of Christ?** They are more aware of God's ways and the sin around them. Satan is not as concerned with tempting people who aren't following God.

**Why do you experience guilt after you sin?** The fact that we typically want to hide what we've done or lie about it, shows the guilt that we are experiencing. If we didn't feel guilt, we wouldn't do so much to cover up our sin or make excuses for it. Guilt is not bad; it is like a moral compass telling us something is wrong and we need to confess.

**Why wouldn't some people feel guilty after sinning?** Maybe they are not aware that what they are doing is wrong. But more likely, they know it's wrong and they just don't care.

**Read to group:** King David committed the sin of adultery. He plotted to have killed the husband of the woman he had slept with. He succeeded. David was confronted about his sin by another godly man. Psalm 51 was David's prayer of confession.

## BIBLE: Read Psalm 51

**What is David expressing in this psalm?** There is a genuine, heartfelt sorrow and grief for his sin. He is asking wholeheartedly for forgiveness.

**What catches your attention in Psalm 51 and why?** Let the teen take a minute to look at the verses and pick one that personally impacts them. Let them share.

**When you apologize to a friend and you are forgiven, what does that do for your friendship?** Let teens respond.

**When you confess to God your sin, what do you think that does for your relationship?** If you think of our lives as a pipe and our sin as junk that clogs the pipe, confession is like Drano. It helps remove the clog in our lives and helps us experience God's presence. Our relationship flows better and we experience relief, forgiveness and comfort.

**Read verse 10. What do you think David meant by wanting to be a person with a “pure heart”?** We can stand before God with a clean heart because we have confessed. There is no more junk between us.

**Look at verse 17. Why would God want us to display a broken spirit after sinning?** It shows a genuine desire to be in a healthy relationship with him.

**Do you think a broken spirit is different than just being sorry you got caught?** Brokenness shows a desire to truly turn from our actions. Not a fake emotion, when you know you have every intention to do that behavior again.

**What is your motivation for remaining strong against sin?**

Pursuing a life that pleases God can be a motivation to withstand temptation as we go through life. God calls us to have an attitude that is humbly and continuously submissive to God’s leading. As we seek to honor God, he sustains us by his Spirit and empowers us to obey him. Our love for God compels and motivates us to remain vigilant against sin.

#### **APPLICATION**

**How can you make confession a regular part of your life?** You can pray anytime, anywhere, asking God to forgive you of the specific sin you committed. I Timothy 2:5 says that Jesus is our mediator. We can confess to God directly.

**How has God helped you fight the sin in your life?** Let teens respond.

**DIGGING DEEPER---If needed for more mature groups.**

**Does temptation seem more prevalent or more intense when you hang out with certain people or when you spend time in certain places?** Explain.

**Read Hebrews 4:14-16. How does knowing that Jesus was tempted, yet remained sinless, change the way you think about your own struggle against sin?**

**What strength do you draw from the Holy Spirit’s ability to help us resist sin?**

One of the gifts, when we become a child of God, is the Holy Spirit dwelling within us, I Corinthians 6:19-20. Our bodies are temples of the Holy Spirit. We can draw from this the power to fight sin. Note: One of the responsibilities of the Holy Spirit is to convict us of sin, I Thessalonians 1:5.

**If you don’t draw strength from the Holy Spirit, why not?**