Psalm 51

**Remembering the main points**

On Sunday morning we began a new Lent Series called Soul-Detox. Lent is often seen as a time of fasting and spiritual renewal. We’ll be considering how to live free from guilt, bitterness, envy, legalism and idolatry.

On Sunday we considered the topic: “A detox from guilt through repentance”

We saw that for repentance to be truly liberating in our lives, we need:

* Recognition not refusal
* Repentance not just remorse
* Renewal not just a reprieve

**INFORM: Truth Explored TRANSFORM: Tr****uth Applied**

* What comes into your mind when you think about repentance? Why can it bring up negative connotations?
* What does David appeal to when he is crying out for forgiveness (v1)? What can we learn from this?
* Why is it so important to own and confess our sin? (v2-4) Can we learn anything from how David did that?
* What effect does hiding our guilt have on us? (Psalm 32:3-5; 51:3,12)
* In what ways did David long to be transformed? (v6-12) What can we learn from this?
* Read v13-19. How do you think David overcame the lie that he would never be used by God again? (v1 and Psalm 103:10 may help)

**Prayer**

Spend some time praying for our young people, and the youth leaders in the church:

* Pray for Friday evenings. There are often 40 young people.
* Pray for new leaders, there is a particular need for a female leader.
* Pray for the Youth Weekend away (March 15th-17th).
* Pray for the Rooted, which takes place once a month on a Sunday evening, that this would help our young people to grow in their faith.