Prayer for Overcoming Guilt & Shame

April 2, 2023

Introduction

* How do you set yourself free from guilt and shame?
* We feel guilty for what we **D** . We feel shame for what we **A .**
* Psalm 51

For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

2 Samuel 11 – The Context of Psalm 51

2 One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, 3 and David sent someone to find out about her. The man said, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.” 4 Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. 5 The woman conceived and sent word to David, saying, “I am pregnant.”

6 So David sent this word to Joab: “Send me Uriah the Hittite.” And Joab sent him to David. 7 When Uriah came to him, David asked him how Joab was, how the soldiers were and how the war was going. 8 Then David said to Uriah, “Go down to your house and wash your feet.” So Uriah left the palace, and a gift from the king was sent after him. 9 But Uriah slept at the entrance to the palace with all his master’s servants and did not go down to his house.

10 David was told, “Uriah did not go home.” So he asked Uriah, “Haven’t you just come from a military campaign? Why didn’t you go home?”

11 Uriah said to David, “The ark and Israel and Judah are staying in tents,[a] and my commander Joab and my lord’s men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!”

12 Then David said to him, “Stay here one more day, and tomorrow I will send you back.” So Uriah remained in Jerusalem that day and the next. 13 At David’s invitation, he ate and drank with him, and David made him drunk. But in the evening Uriah went out to sleep on his mat among his master’s servants; he did not go home.

14 In the morning David wrote a letter to Joab and sent it with Uriah. 15 In it he wrote, “Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die.”

16 So while Joab had the city under siege, he put Uriah at a place where he knew the strongest defenders were. 17 When the men of the city came out and fought against Joab, some of the men in David’s army fell; moreover, Uriah the Hittite died.

26 When Uriah’s wife heard that her husband was dead, she mourned for him. 27 After the time of mourning was over, David had her brought to his house, and she became his wife and bore him a son. But the thing David had done displeased the Lord.

Psalm 51

1 Have mercy on me, O God,

 according to your unfailing love;

according to your great compassion

 blot out my transgressions.

2 Wash away all my iniquity

 and cleanse me from my sin.

3 For I know my transgressions,

 and my sin is always before me.

4 Against you, you only, have I sinned

 and done what is evil in your sight;

so you are right in your verdict

 and justified when you judge.

5 Surely I was sinful at birth,

 sinful from the time my mother conceived me.

6 Yet you desired faithfulness even in the womb;

 you taught me wisdom in that secret place.

7 Cleanse me with hyssop, and I will be clean;

 wash me, and I will be whiter than snow.

8 Let me hear joy and gladness;

 let the bones you have crushed rejoice.

9 Hide your face from my sins

 and blot out all my iniquity.

10 Create in me a pure heart, O God,

 and renew a steadfast spirit within me.

11 Do not cast me from your presence

 or take your Holy Spirit from me.

12 Restore to me the joy of your salvation

 and grant me a willing spirit, to sustain me.

13 Then I will teach transgressors your ways,

 so that sinners will turn back to you.

14 Deliver me from the guilt of bloodshed, O God, you who are God my Savior,

 and my tongue will sing of your righteousness.

15 Open my lips, Lord,

 and my mouth will declare your praise.

16 You do not delight in sacrifice, or I would bring it;

 you do not take pleasure in burnt offerings.

17 My sacrifice, O God, is a broken spirit;

 a broken and contrite heart you, God, will not despise.

18 May it please you to prosper Zion,

 to build up the walls of Jerusalem.

19 Then you will delight in the sacrifices of the righteous,

 in burnt offerings offered whole;

 then bulls will be offered on your altar.

Theme & Goal:

Jesus Christ sets you **F**  from guilt and shame through **R** .

1. Repent by **A**  your guilt & shame.

Psalm 51:3 For I know my transgressions,

 and my sin is always before me.

Psalm 51:9 Hide your face from my sins

 and blot out all my iniquity.

Q: Isn’t Morality subjective and relative? There is no absolute morality…

Response #1:

Response #2:

Q: Is it possible that I commit the sins of David?

Response #1:

David was a man after God’s own heart

1 Samuel 13:14 But now your kingdom will not endure; the Lord has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the Lord’s command.”

Acts 13:22 After removing Saul, he made David their king. God testified concerning him: ‘I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.’

Response #2: Jesus Christ defines sin as something that happens in your heart.

Matthew 5:21-22

21 “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ 22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

Matthew 5:27-29

27 “You have heard that it was said, ‘You shall not commit adultery.’ 28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. 29 If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

1. Repent by **R**  God’s **P .**

Psalm 51:4

Against you, you only, have I sinned

 and done what is evil in your sight;

so you are right in your verdict

 and justified when you judge.

2 Samuel 12:9-10

9 Why did you **despise the word of the Lord** by doing what is evil in his eyes? You struck down Uriah the Hittite with the sword and took his wife to be your own. You killed him with the sword of the Ammonites. 10 Now, therefore, the sword will never depart from your house, **because you despised me** and took the wife of Uriah the Hittite to be your own.’

1. Repent by **G**  God’s **U**  **L** .

Psalm 51:1

Have mercy on me, O God, according to your **unfailing love**;

according to your great compassion blot out my transgressions.

checed:

Original Word: חֵסֵד

Transliteration: checed

Phonetic Spelling: (kheh'-sed)

Definition: loving-kindness, steadfast love, loving devotion, faithfulness, great mercy

Psalm 51:5-6

Surely I was sinful at birth,

 sinful from the time my mother conceived me.

Yet you desired faithfulness even in the womb;

 you taught me wisdom in that secret place.

Q: ARE YOU A SINNER BECAUSE YOU SIN? OR DO YOU SIN BECAUSE YOU ARE A SINNER?

We feel guilty for what we **D** . We feel shame for what we **A** .

Psalm 51:10-12

10 Create in me a pure heart, O God,

 and renew a steadfast spirit within me.

11 Do not cast me from your presence

 or take your Holy Spirit from me.

12 Restore to **me the joy of your salvation**

 and grant me a willing spirit, to sustain me.

THE JOY OF SALVATION IS GOD ADOPTING YOU AS HIS CHILD. ANGELS ARE JEALOUS OF YOU!

Romans 5:8

God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Isaiah 1:18

“Come now, let us settle the matter,”

 says the Lord.

“Though your sins are like scarlet,

 they shall be as white as snow;

though they are red as crimson,

 they shall be like wool.

**Personal Application & Prayer**