



# Psalms

## Week 2: How to Worship when You're Ashamed

### CCV Groups Discussion Guide

#### OPENING QUESTION:

Share about a time you got in trouble in school as a kid or maybe at work and you had to fess up and face the music.

#### GROUPS VIDEO GUIDE

#### READ:

[Psalm 51](#)

#### DISCUSS:

- Have you ever felt like David did in Psalm 51? What was that like? (You don't need to air the details of what you did but share what those feelings did to you).
- [2 Samuel 11–12](#) outlines the story of David, Bathsheba, and the subsequent confrontation by Nathan. What were the consequences of David's actions, and how do they illustrate the ripple effect of sin in our lives and the lives of others?
- In Psalm 51:10, David asks for a pure heart and a steadfast spirit. How can this prayer be a model for us when seeking personal transformation and holiness in our lives?
- David believes that after being cleansed, he will teach transgressors God's ways (Psalm 51:13). How does the process of personal confession, repentance and restoration equip us to serve and guide others in their spiritual journey?
- As you reflect on the story of David and Bathsheba and the words of Psalm 51, how do you see these scriptures speaking into your own life situations and challenges? How can you apply the themes of confession, repentance, mercy, and restoration in your own life this week?

#### PRAYER:

Have a time of silent prayer where each individual is free to confess their sins to God. Then have a volunteer read Psalm 51 again as a closing prayer, expressing the plea for all of us that God would remove our guilt and shame.

## TAKE HOME QUESTIONS:

**Table Talk** (a question to ask your family): How do you act when you are ashamed? Do you tend to hide, cry, get angry, defensive, or go on like nothing is wrong?

**Water Cooler** (a question to ask at work): If someone were to get caught doing something wrong, should they try to hide it, deny it, or come clean with it?

## SCRIPTURES:

**James 5:16**, “Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

**1 John 1:9**, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

**Acts 2:38**, “And Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.”

**Acts 3:19**, “Repent therefore, and turn back, that your sins may be blotted out,”

**Colossians 2:14**, “by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.”

**2 Samuel 12:13**, “David said to Nathan, “I have sinned against the LORD.” And Nathan said to David, “The LORD also has put away your sin; you shall not die.”

**Psalm 32:3, 5**, “For when I kept silent, my bones wasted away through my groaning all day long.... Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD. And you forgave the guilt of my sin.’”

**Proverbs 28:13**, “Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”

**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.”

**Ezekiel 11:19**, “And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh,”

**Romans 5:12**, “Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned—.”