

09 A CLEAN HEART

KEY TEXT: PSALM 51:1-13,16-17

CENTRAL truth

In this week's psalm, David appeals to the Lord to do some cleaning—he needs his sin and guilt to be washed away by the Lord's forgiveness. When **we confess and repent of our sin before a gracious God**, He is faithful to forgive us of all our unrighteousness.

key question

What does it mean to have a broken and humble heart? Why does the Lord desire this?

The Lord does not want our mere external worship or for us to go through the motions. We must come to God saddened by our rebellion and free of pride, ready to reject sin and enjoy His forgiveness.

keep in mind

- In this psalm, David explores the spiritual and physical consequences his sin had in his life. As you respond to this week's **Be Vulnerable** prompt while leading, keep in mind that sharing sin's affects with students is not a tactic meant to scare or manipulate them. Rather, the goal is to highlight the Lord's compassion in leading us to repent and enjoy His forgiveness.
- *Conviction* may be a word that students have heard in their Christian community but don't really understand. Using the **Theology Note** in this week's session, help students understand what conviction of sin is and how the Lord's kindness leads us to repentance.

application

What are some ways we can point those around us to our forgiving God?

the win

FOR THE STUDENT: The win for students this week is to understand that we confess and repent of our sin before a gracious God who delights in extending forgiveness toward us.

FOR THE LEADER: Leaders have the opportunity to encourage students to see confession of sin as a gift and to put it into practice this week, either through prayer or through having a conversation with a mature believer.

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