

Sunday, September 22, 2019 - "David - Week 3 - When Joy Returns (Psalm 51)" - Dr. Martin Sanders

Key Passages: Psalm 51:8, Psalm 51:10-12

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Grief has redeeming qualities...Tapping into David and the deep emotion he uses
- Psalm 51 - Hope in dark moments/ what does joy look like even when life isn't what you want in the moment
- When life isn't what you hoped...what comes next? (framing David in Psalm 51)
 - Depth of honesty that we are sometimes uncomfortable with (brutal honesty)
 - We have to go deeper into pain
 - We have to understand deep emotion --> see, hear, experience
- Life of David
 - "with all your heart" (transformational)
 - David was warrior king AND worshipping writer, military genius with such a heart for God
 - "lift my hands" --> surrender...willingly said to God "I need you to have my heart" (gave God access)
- 3 concepts from Psalm 51
 - 1) Covenant (God is the master of covenant)
 - 2 parties (1 stronger, 1 weaker)
 - God saying "I will give myself to you, and I'm not leaving"
 - 2) Lovingkindness of God
 - God has obligated himself to you
 - He just wants you in return
 - 3) Transgression (repentance is different than confession, David knew it was time for deep change)
 - Something good/pure/healthy and shift it a little to make it bad/not pure/unhealthy
 - The opposite of love is not hate but control
- Psalm 51:10-12 (some statements that need assistance)
 - Walking in faith is the best of His Holy Spirit and the best of our human spirit
 - David saying "God, I know myself, and my ability to mess up. I need you to give me a willing spirit that says yes to you at every turn"
- Psalm 51:8 - "Let me hear joy and gladness again"
 - Don't start with how you feel
 - You can hear it when you can't feel it (children, worship music)
- We have to feel and experience the depths of human pain and accompanying experiences in order to find the joy that frees, returns, and restores - Martin Sanders
- When joy returns...
 - After you have sat for long enough
 - As long as it takes to get to the other side with new depth, strength, and courage

Questions (Feel free to use all of these, some of these, or none of these)

1. If you're comfortable, share a time when grief was good for you? What did God teach you or show you?
2. How do you do with being honest with God? What makes it hard for you? What do you stand to gain?
3. How is God calling you to give Him more access to your heart?
4. What do you appreciate about the way David spoke, wrote, related to God? What can you learn from their relationship?
5. How is God growing you in having a willing spirit?
6. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: 1 Samuel 26 Tues: 1 Samuel 27 Wed: 1 Samuel 28 Thurs: 1 Samuel 29 Fri: 1 Samuel 30

Songs from the weekend: [Your Great Name - Todd Dulaney] - [Do It Again - Elevation Worship] - [Surrounded - Upper-room] - [Waymaker - Sinach]