

# Healing Our Broken Hearts



## A Guide for Spiritual Formation

Text for the Week: Psalm 51 & 1 John 1:9

Message for the Week: The Healing Power  
of Confession

Sunday, March 23

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Often, we say "Sorry" or "My bad." When do we say these things? Why do we say these things? Do we mean what we say?

### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

### Read:

Read / Have two people in your group read [Psalm 51 & 1 John 1:9](#) out loud.

[Clicking the link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## Respond / Reflect:

What does it mean to be sorry? What does it mean to say I am sorry?

What is confession? What is needed for confession to occur?

What is repentance? What is needed for repentance to occur?

What happens when we practice confession and repentance?

What things does Psalm 51 say God does with our sin? What word pictures stand out to you?

What does it mean that David has only sinned against God? Does this mean that David has sinned against anyone else? Why or why not?

What is a broken spirit? What is a broken heart? Why is this important?

What does Psalm 51 invite us to do? Have you accepted this invitation? Why or why not?

If you have ever practiced confession, share how it affected your life. What happened because of your confession?

What happens to us when we choose not to confess and repent? What happens to those around us when we choose not to confess?

## Take Away:

What is a main point or key message that you learned, understood, observed, or experienced that you are taking away with you from your group's reflections on the bible passage or your group's conversations today?

## Prayer:

Spend time praying with/for the other people who are with you. Who in your group needs prayer today? Who in your group will you pray for?

Pray this prayer together:

Father: show us our hearts. Show us where we need to confess and repent of our sins. May saying sorry simply be an option no longer. As we pray, show us where we need to confess to you, to those whom we have hurt, and the sin that we have done. Give us the courage to turn away from our sin and follow you whole-heartedly so that you are glorified and honored. AMEN

## "Try It" - Putting our Faith into Action:

This week, you are invited to accept the invitation to confess and repent. What is the Spirit of God prompting you to confess and repent? To whom is the Spirit of God inviting you to confess and repent? Confess and repent.

## Psalm 51; 1 John 1:9 - New International Version

51 <sup>1</sup> Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

<sup>2</sup> Wash away all my iniquity and cleanse me from my sin.

<sup>3</sup> For I know my transgressions, and my sin is always before me.

<sup>4</sup> 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.

<sup>5</sup> Surely I was sinful at birth, sinful from the time my mother conceived me.

<sup>6</sup> Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

<sup>7</sup> Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

<sup>8</sup> Let me hear joy and gladness; let the bones you have crushed rejoice.

<sup>9</sup> Hide your face from my sins and blot out all my iniquity.

<sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me.

<sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

<sup>13</sup> Then I will teach transgressors your ways, so that sinners will turn back to you.

<sup>14</sup> Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness.

<sup>15</sup> Open my lips, Lord, and my mouth will declare your praise.

<sup>16</sup> You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.

<sup>17</sup> My sacrifice, O God, is<sup>(b)</sup> a broken spirit; a broken and contrite heart you, God, will not despise.

<sup>18</sup> May it please you to prosper Zion, to build up the walls of Jerusalem.

<sup>19</sup> Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.

### Footnotes

a. [Psalm 51:1](#) In Hebrew texts 51:1-19 is numbered 51:3-21.

b. [Psalm 51:17](#) Or *The sacrifices of God are*

1 John 1 <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

# Psalm 51; 1 John 1:9 – The Message

51<sup>1-3</sup> Generous in love—God, give grace!

Huge in mercy—wipe out my bad record.

Scrub away my guilt,

soak out my sins in your laundry.

I know how bad I've been;

my sins are staring me down.

<sup>4-6</sup> You're the One I've violated, and you've seen

it all, seen the full extent of my evil.

You have all the facts before you;

whatever you decide about me is fair.

I've been out of step with you for a long time,

in the wrong since before I was born.

What you're after is truth from the inside out.

Enter me, then; conceive a new, true life.

<sup>7-15</sup> Soak me in your laundry and I'll come out clean,

scrub me and I'll have a snow-white life.

Tune me in to foot-tapping songs,

set these once-broken bones to dancing.

Don't look too close for blemishes,

give me a clean bill of health.

God, make a fresh start in me,

shape a Genesis week from the chaos of my life.

Don't throw me out with the trash,

or fail to breathe holiness in me.

Bring me back from gray exile,

put a fresh wind in my sails!

Give me a job teaching rebels your ways

so the lost can find their way home.

Commute my death sentence, God, my salvation God,

and I'll sing anthems to your life-giving ways.

Unbutton my lips, dear God;

I'll let loose with your praise.

<sup>16-17</sup> Going through the motions doesn't please you,

a flawless performance is nothing to you.

I learned God-worship

when my pride was shattered.

Heart-shattered lives ready for love

don't for a moment escape God's notice.

<sup>18-19</sup> Make Zion the place you delight in,

repair Jerusalem's broken-down walls.

Then you'll get real worship from us,

acts of worship small and large,

Including all the bulls they can heave onto your altar!

1 John 1<sup>9</sup> On the other hand, if we admit our sins—simply come clean about them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing.