



# PSALM 51


*verses 1-4, 7-12*

Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.  
Wash away all my iniquity  
and cleanse me from my sin.

For I know my transgressions,  
and my sin is always before me.  
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.

Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.  
Let me hear joy and gladness;  
let the bones you have crushed rejoice.  
Hide your face from my sins  
and blot out all my iniquity.

Create in me a pure heart, O God,  
and renew a steadfast spirit within me.  
Do not cast me from your presence  
or take your Holy Spirit from me.  
Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.





# CONFESSION

## PRACTICING CONFESSION:

*"Dear gracious God, make me new, wash me clean, heal my brokenness, mend my heart. I confess Lord that I often overlook my own sin, forgive me for \_\_\_\_\_. I will forever praise you for your unending mercy. Amen"*

Take a walk each day in a new area of your neighborhood or community. Walk with eyes open to both God's goodness in the world and also to the brokenness around you. As you observe both the good and the bad, ask God to open your eyes to the brokenness in your own life. As you become enlightened and aware of your own sin, confess these things to the Lord and ask him for healing.

Take extra time this week to consider Psalm 51. Each day, pray through one of the stanzas and as you do, what rises to the surface? Confess a specific sin to God—knowing that He is the only one that can heal you. Repeat this each day this week and reflect, write, draw about your experience with this practice.

## CONNECT & SHARE:

*Share about your experience over the last week in your practice. Some things you might share:*

What ideas did you try (from the suggestions or consider sharing another idea for your group).

What worked well for you?

Can you articulate how it felt to be open to God's work in your life as you opened yourself up to this practice?