

Feeling Guilty: Psalm 51

Week 6 in our *Songs of the Summer Series*

July 9, 2023

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*Guilt is the emotion we feel when we let ourselves or others down
by failing to meet a particular_____*

“Good” guilt vs “bad” guilt

Dealing with “bad” guilt: Replace your standards with _____

Praying when you’re guilty

↳ Rely on God’s _____ (v 1-2)

↳ _____ your mistake (vs 3-6)

↳ Ask God to _____ (vs 7-9)

↳ Ask God to _____ (vs 10-12)

Remember!

“Good Night God” questions for each month*

Week 1

- Am I creating the impression that I am better than I really am?
- Did I use an addiction to get me through the day instead of going to God with my need?
- Did I share something told to me in confidence?
- Is my behavior the same regardless of who is watching me?
- Are friends, work, fun activities or my appearance a priority over God?

Week 2

- Did I hear God speak to me through the Bible today?
- Am I enjoying prayer?
- Did I honor God in my spare time?
- When did I last speak to a nonbeliever about spiritual things?
- Did I pray about the money I spent?

Week 3

- Did I get to bed on time and get up on time?
- Did I ignore God’s commands anywhere in my life?
- Did I keep doing something even when my conscience was uneasy about it?
- Am I hopeless in any part of my life?
- Am I jealous, impure, critical, irritable, touchy, or distrustful?

Week 4

- Did I struggle with pride?
- Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
- Did I grumble or complain too much?
- Am I abiding in Jesus by going through the day aware and depending on Him?
- Am I honest about what I do and say, or do I exaggerate?

A Prayer of Confession by John Wesley

My merciful Father,

Don’t consider what I have done against You, but what my blessed Savior has done for me.

Don’t consider what I have made of myself, but what Jesus is making of me for You.

May His precious blood cleanse me from all my sin,
and your Holy Spirit renew and sanctify my soul.

May He crucify my flesh with its passion and lusts,
and cleanse all my brothers and sisters in Christ across the earth.

In Jesus’ name I pray, Amen.

* to help guide self-examination, modified from John Wesley