

# #LIFEHACKS

## 4. How to Get Back on Track

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Psalm 51

**10** *Create in me a pure heart, O God, and renew a steadfast spirit within me.*

**11** *Do not cast me from your presence or take your Holy Spirit from me.*

**12** *Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

- v3. *'For I know my transgressions'*. It's in our nature to see other people's sins but excuse our own. It can be so hard to confront our own failings and moral shortcomings. Why do you think this is? Is this true in your own life? What things helps us to **See Ourselves Clearly**?
- v8. *'let the bones you have crushed rejoice'*. If God is a loving Father then why would he 'crush our bones' when we mess up? Why would He withdraw His Spirit from us? (Check out Hebrews 12.4-6 for another perspective). Have you ever experienced this in your own life? Have you ever lost your 'joy and gladness' after a moral failure?
- v5. *'Surely I was sinful at birth'*. Take a look at verses 5 and 6. Some people say that we are all born sinful, others that we are born good but inevitably mess up when we become morally aware. What do you think, and why? What are the implications of both views?
- v17. *'My sacrifice, O God, is a broken spirit'*. Do you see yourself as offering your whole life, along with your brokenness, to God? Or are you content to just bring a religious offering? Do you think you've **Submitted Yourself Wholly** to God?
- *'For the director of music'*. David's confession was both wholehearted and utterly public. Could we do better at confessing our sins to one another? Would this be a helpful practice for our group, or for our mentoring relationships? (See James 5.16 for another take on this).

Take some time to pray in twos and threes together. In humility, confess your sins to one another. Pray for God to forgive, free and fill you. Pray that God would give the strength and passion to teach God's ways to others, just as David vowed. Pray that God would use our brokenness to give us compassion for others and help restore them also.