

This week, each day as you wake up spend five minutes physically bowing and praying before you start your day. Confess your sins. Communicate your submission to God. Think about the following questions:

1. Was it difficult for you? Why?
2. How did you feel as you were bowing before God? What things went through your mind?
3. Did taking this posture teach you anything about your relationship with God? Did you become more aware of anything in your life?
4. Did it help you remember to submit to God in your daily activities?
5. Would you practice it daily? If you did, how might it change the way you live your life?



“Broken”

Sermon Notes and Takehome

March 20th, 2011

“Pride makes us artificial and humility makes us real.” –Thomas Merton

“We are rarely proud when we are alone.” --Voltaire

“An honest confession is good for the soul, but bad for the reputation.”
–Thomas Dewar

“Confession of our faults is the next thing to innocence.” --Publilius Syrus

“The confession of evil works is the first beginning of good works.” --St. Augustine

“Repentance is good, but innocence better.” –Unknown

“Knowledge without repentance will be but a torch to light men to hell.”
--Thomas Watson Sr.

Scripture: Psalm 51

1. We can't solve _____ by ourselves.
 - We can _____ it.
 - We can _____ it.
 - Only God can _____ it.

2. _____ and _____ redirect our path.

- Confession is acknowledging what is _____.
- _____ puts us on the right path.

3. Brokenness improves our _____.

- Brokenness breeds a _____ of submission.
- In brokenness we experience God's _____.

Questions for Reflection and Application:

Read Psalm 51, keeping in mind the events of the David and Bathsheba story.

1. List the sins of David in the story?
2. What do you think would have happened had God not sent Nathan? Do you think David would have been as contrite?
3. Is there a difference between confessing sin on our own and being “caught?” Explain.
4. What does it mean to beg for “mercy?”
5. How would you describe David’s “posture” (physical and emotional) as he expresses the words of Psalm 51?

6. In verse 4, why does David say it’s against God only that he sinned since his sin so obviously affect other people’s lives as well?

7. What does it mean to have a “pure” heart? How does the metaphor of “pure gold” help us understand what David is saying?

8. What does it mean for us to have a “broken spirit?” What does it *not* mean?

9. Why is a broken spirit essential in our walk with God?

10. Kory said that it’s in brokenness that we experience God’s faithfulness. How is this true?

11. Share a time in your life where you were “broken” and you experienced God’s faithfulness.

Application:

When the Old Testament speaks of the “heart”, it’s talking about our whole being (emotional, physical, spiritual, will, etc.) Oftentimes our physical posture will teach us about a mental or spiritual posture—for instance, kneeling during prayer or raising hands during worship.

In the OT, submission was shown by bowing—getting on their knees with face to the floor and arms stretched out. It showed complete vulnerability to the king or to an enemy and invited ridicule by people who watched.
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