

## **Fruitful and Free: Abiding through Repentance**

### Psalm 51

During Faith's 21 Days of Prayer and Fasting, we are encouraging all of us to practice three core disciplines (Scripture, prayer, and fasting) to help us abide in Christ that we might increasingly experience freedom and fruitfulness. Last week we looked at practicing these disciplines with faith. Today, we will consider how to practice these disciplines with a spirit of repentance. We all sin at times and when we do we have a choice. We can harden our hearts and continue in our sin or we can humble ourselves through repentance turning back to God. Only one of these choices leads to a life of fruitfulness and freedom. Let's look Psalm 51 to get a picture of what repentance looks like. This Psalm is King David's expression of repentance after he had sinned big time. Seriously. Big. Time!

**Opening Discussion:** How is the 21 Days of Prayer and Fasting going for you?

### **Read Psalm 51**

1. The superscription at the beginning of the psalm indicates that Psalm 51 is David's expression of repentance after his sin with Bathsheba. What do you know about what David did (see 2 Sam. 11 and 12)?
2. How do you see David owning his sin? What does his repentance look like (vv. 3-5)?
3. Though David sinned against Bathsheba and Uriah and Joab and others, he ultimately sees his sin as against God (v. 4). Why do you think it is important for us to see all of our sin as ultimately against God?
4. What does David ask and hope for in terms of forgiveness and restoration (vv. 1-2, 7-17)? What words and phrases does he use?
5. When you think of the gravity of David's sin and yet what he hoped for in terms of restoration through genuine repentance, what encouragement do you find regarding your own sin and the possibility for full restoration?

6. As you think about the three core spiritual practices that we are encouraging during these 21 Days of Prayer and Fasting, what do the following scriptures say about the role that each of these play in helping us get to a place of genuine repentance?
- Scripture (2 Timothy 3:16)
  - Prayer (Psalm 139:23-24)
  - Fasting (Nehemiah 9:1-3; Psalm 35:13)
7. How is pursuing a life-style of repentance connected to a life of deepening fruitfulness and freedom?
8. What is your main application point from this study?

### Practicing the Rhythms of Rooted

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**Daily Devotion:** This week as you spend time in the scriptures (maybe in Proverbs as we continue to read there for the 21 Days), be open to how God may want to use the Scriptures to point out sin in your life. Come to the Scriptures inviting God to reveal any sin that He needs to in your life.



**Prayer:** Take time this week to pray Psalm 139:23-24 inviting God to search out your heart and see what is there. When He convicts you of sin, pray about it. Confess it! Invite Him to give you a genuine heart of repentance that you might turn from the sin.

