



Bible Study “Clean Slate” – July 5th, 2025

WATCH: https://youtu.be/j9phNEaPrv8?si=gdRJJu1ble8Fwkq_B

READ: Psalm 51

Context: Psalm 51 is written by King David after he's confronted by the prophet Nathan about his sin with Bathsheba. David had committed adultery, orchestrated a murder, and tried to hide it. But when he's called out, he *doesn't make excuses*. He falls to his knees in repentance.

This psalm is raw. It's a confession, but it's also a plea for renewal. In a culture today where people hide behind filters, isolate due to shame, and struggle with anxiety and self-worth... Psalm 51 shows us the power of honesty, healing, and starting fresh.

- **What is a psalm?** A sacred poem or song, often brutally honest, *written for worship and reflection*.
- **Who wrote this one?** David, after major moral failure. *He didn't run from God, he ran to Him.*
- **Why does this matter today?** Because young adults feel the pressure to be perfect. Psalm 51 reminds us that God doesn't cancel us when we mess up... *He cleans us, restores us, and gives us purpose.*

 **Summary:** Psalm 51 is David's cry for mercy and renewal. It shows us how to go from guilt to grace.

- “Have mercy on me, O God...” ... Admit your need. No hiding. No pretending.
- “Create in me a clean heart...” ... Ask God to do what we can't fix ourselves.
- “Restore to me the joy...” ... God doesn't just forgive...He *rebuilds* us with purpose.
- “Then I will teach others...” ... ***Our lowest moments can become our strongest testimonies.***

Discussion Questions:

- What do you usually do when you mess up? Hide it? Joke about it? Blame others?
- How does shame keep us isolated instead of connected?
- Do you think God still wants to use you after failure? Why or why not?
- Which part of Psalm 51 speaks most to what you're going through right now?
- What would it look like to ***restore your joy this week?***

Activity: “Burn the Lie”

Each person gets a post it note and writes down a lie they've believed about themselves on the sticky side (ex: “I'm too messed up,” “No one wants me around,” “I'm always awkward,” etc.).

No names. Can use more than one post-it. Stick it on the wall of lies. When ready, toss it into the fire pit. As it burns, sing “I Speak Jesus” and read Psalm 51 10-13

This is a physical reminder that *God replaces lies with truth, guilt with grace, and isolation with belonging.*