

BIBLE STUDY DISCUSSION GUIDE
When You Feel Ashamed | Psalm 51
March 16, 2025



Welcome and Prayer. Invite the Holy Spirit to guide the session. Pray for open hearts and minds.

Introduction. Briefly introduce the theme: Overcoming shame and finding restoration in God. Share a personal or relatable story of failure and redemption (optional).

Scripture Reading. Read Psalm 51 aloud as a group. Encourage participants to note any words or phrases that stand out to them.

Contextual Background. Discuss the background of Psalm 51: David's sin with Bathsheba and his confrontation by Nathan the prophet (2 Samuel 11-12). Highlight the difference between David's response to his sin and other biblical figures like Judas.

Discussion Questions:

1. What are some familiar sources of shame in our lives?
2. How does shame affect our relationship with God and others?
3. How did David approach God in his shame and appeal to God's character? (Psalm 51:1-2)
4. What does it mean to come to God with a broken spirit? (Psalm 51:17)
5. Discuss the significance of God's unfailing love (*hesed*) and compassion.
6. Why is confession necessary in overcoming shame? (Psalm 51:3-4)
7. How can we experience God's restoration and joy? (Psalm 51:10-12)

8. What does it mean to live in forgiveness and commit to worship? (Psalm 51:13)
9. How can our stories of failure and redemption help others?

Application:

- Encourage participants to reflect on areas of their lives where they feel shame.
- Discuss practical steps to confess and seek restoration with God and others.
- Challenge participants to consider sharing their stories of redemption to encourage others.

Group Activity:

- Break into groups and pray for one another, focusing on areas of shame and seeking God's restoration.
- Encourage honesty and confidentiality within the group.

Closing Reflection and Prayer:

- Invite participants to share any insights or commitments they've made during the session.
- We will close with a prayer, asking God to help each person live in the light of His forgiveness and grace.

Additional Resources:

- 2 Samuel 11-12; 1 John 1:9; James 5:16 ; Luke 15:11-24
- *The Prodigal God* by Timothy Keller
- *The Ragamuffin Gospel* by Brennan Manning

Follow-Up:

- Encourage participants to read Psalm 51 throughout the week and journal their reflections.
- Plan a follow-up session to discuss progress and explore living in God's forgiveness.

BIBLE STUDY DISCUSSION GUIDE
When You Feel Ashamed | Psalm 51
March 16, 2025



Welcome and Prayer. Invite the Holy Spirit to guide the session. Pray for open hearts and minds.

Introduction. Briefly introduce the theme: Overcoming shame and finding restoration in God. Share a personal or relatable story of failure and redemption (optional).

Scripture Reading. Read Psalm 51 aloud as a group. Encourage participants to note any words or phrases that stand out to them.

Contextual Background. Discuss the background of Psalm 51: David's sin with Bathsheba and his confrontation by Nathan the prophet (2 Samuel 11-12). Highlight the difference between David's response to his sin and other biblical figures like Judas.

Discussion Questions:

1. What are some familiar sources of shame in our lives?
2. How does shame affect our relationship with God and others?
3. How did David approach God in his shame and appeal to God's character? (Psalm 51:1-2)
4. What does it mean to come to God with a broken spirit? (Psalm 51:17)
5. Discuss the significance of God's unfailing love (*hesed*) and compassion.
6. Why is confession necessary in overcoming shame? (Psalm 51:3-4)
7. How can we experience God's restoration and joy? (Psalm 51:10-12)

8. What does it mean to live in forgiveness and commit to worship? (Psalm 51:13)
9. How can our stories of failure and redemption help others?

Application:

- Encourage participants to reflect on areas of their lives where they feel shame.
- Discuss practical steps to confess and seek restoration with God and others.
- Challenge participants to consider sharing their stories of redemption to encourage others.

Group Activity:

- Break into groups and pray for one another, focusing on areas of shame and seeking God's restoration.
- Encourage honesty and confidentiality within the group.

Closing Reflection and Prayer:

- Invite participants to share any insights or commitments they've made during the session.
- We will close with a prayer, asking God to help each person live in the light of His forgiveness and grace.

Additional Resources:

- 2 Samuel 11-12; 1 John 1:9; James 5:16 ; Luke 15:11-24
- *The Prodigal God* by Timothy Keller
- *The Ragamuffin Gospel* by Brennan Manning

Follow-Up:

- Encourage participants to read Psalm 51 throughout the week and journal their reflections.
- Plan a follow-up session to discuss progress and explore living in God's forgiveness.