

WHY THE PSALMS?

Week 4: Penitential Psalms

___ Penitential Psalms (6, 32, 38, 51, 102, 130, 143)

Meaning of “penitential”

Psalm 6

- **vv. 1-7:**
 - What does David ask for?
 - David pleads for God to heal and restore his **body** and **soul**. What are the physical effects of his distress?
 - If you are struggling with sin in your life, especially unconfessed sin, what can you do?
- **vv. 8-10:**
 - In addition to his own sin, what is making matters worse for David?

Psalm 143

- What in this Psalm expresses David’s repentance, his plea for help and forgiveness?
- Where, or in what, does David put his hope?
- **v. 7:** “hide not your face from me”
- **v. 9:** I hide myself in you”
 - Why do we hide ourselves from God?
 - Does God hide his face from us?
 - What is the difference between hiding **from** God and hiding **in** God?

Psalm 51

- See: 2 Samuel 11 and 12

vv. 1-6:

- What does David admit to?
- What does he appeal to God for?
- v. 3: "For I know my transgressions, and my sin is always before me."
 - What are his sins?

vv. 7-12:

- What are the **various ways** in which David pleads for his sins to be removed?
- What is a "pure heart"?

vv. 13-17:

- After receiving the promise of forgiveness, what does David commit to doing?

Overall, what are the benefits for us to "repent" and "confess" our sins?

Psalm 102

vv. 1-11:

- What kind of descriptions does the psalmist use to describe his suffering?

vv. 12-17:

- In the first 11 verses, the psalmist is pleading for God's mercy on his life. What is he pleading to God for in vv. 12-17?

vv. 18-22:

- Reflect on the meaning of v. 18 for our life today.

vv. 23-28:

- How does v. 26 ("They will perish, but you remain") and v. 27 ("But you remain the same, and your years will never end") impact the work of the church today?