

## **Food for Thought**

For the week of August 4, 2013

*(Questions and Scriptures for further personal study)*

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1. As much as we want to confess our sins to God, it can be confusing to know what true confession really looks like. Read through Psalm 51 and then answer the following questions.

What positive attributes of God are mentioned in Psalm 51 that affirm his desire to forgive us?

Are there any parts of Psalm 51 that fit how you confess to God? Any parts that don't fit, but you'd like to implement?

2. One of the hardest parts of forgiving is getting past the hurt we feel for what has taken place especially when the other person doesn't apologize or try to make the situation right. How could the following verses help someone who is holding onto bitterness or feeling that certain people don't deserve to be forgiven?

Ecclesiastes 7:20

Romans 3:23

1 John 4:19-21

3. Larry mentioned that forgiveness does not necessarily mean we forget an offense or trust the offending person again. How could the following verses help someone to be more discerning about who to trust and who not to trust in the future?

Colossians 2:6-8

1 Timothy 6:3-5

Matthew 7:18-20

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1. As much as we want to confess our sins to God, it can be confusing to know what true confession really looks like. Read through Psalm 51 and then answer the following questions.

### Psalm 51

For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

- 1 Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.
- 2 Wash away all my iniquity  
and cleanse me from my sin.
- 3 For I know my transgressions,  
and my sin is always before me.
- 4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.
- 5 Surely I was sinful at birth,  
sinful from the time my mother conceived me.
- 6 Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.
- 7 Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.
- 8 Let me hear joy and gladness;  
let the bones you have crushed rejoice.
- 9 Hide your face from my sins  
and blot out all my iniquity.
- 10 Create in me a pure heart, O God,  
and renew a steadfast spirit within me.
- 11 Do not cast me from your presence  
or take your Holy Spirit from me.
- 12 Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.
- 13 Then I will teach transgressors your ways,  
so that sinners will turn back to you.
- 14 Deliver me from the guilt of bloodshed, O God,  
you who are God my Savior,  
and my tongue will sing of your righteousness.
- 15 Open my lips, Lord,  
and my mouth will declare your praise.
- 16 You do not delight in sacrifice, or I would bring it;  
you do not take pleasure in burnt offerings.
- 17 My sacrifice, O God, is a broken spirit;  
a broken and contrite heart

you, God, will not despise.  
18 May it please you to prosper Zion,  
to build up the walls of Jerusalem.  
19 Then you will delight in the sacrifices of the righteous,  
in burnt offerings offered whole;  
then bulls will be offered on your altar. [NIV]

What positive attributes of God are mentioned in Psalm 51 that affirm his desire to forgive us?

Are there any parts of Psalm 51 that fit how you confess to God? Any parts that don't fit, but you'd like to implement?

2. One of the hardest parts of forgiving is getting past the hurt we feel for what has taken place especially when the other person doesn't apologize or try to make the situation right. How could the following verses help someone who is holding onto bitterness or feeling that certain people don't deserve to be forgiven?

**Ecclesiastes 7:20**

20 Indeed, there is no one on earth who is righteous,  
no one who does what is right and never sins. [NIV]

**Romans 3:23**

23 for all have sinned and fall short of the glory of God, [NIV]

**1 John 4:19-21**

19 We love because he first loved us. 20 Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. 21 And he has given us this command: Anyone who loves God must also love their brother and sister. [NIV]

3. Larry mentioned that forgiveness does not necessarily mean we forget an offense or trust the offending person again. How could the following verses help someone to be more discerning about who to trust and who not to trust in the future?

**Colossians 2:6-8**

Spiritual Fullness in Christ

6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

8 See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. [NIV]

### **1 Timothy 6:3-5**

3 If anyone teaches otherwise and does not agree to the sound instruction of our Lord Jesus Christ and to godly teaching, 4 they are conceited and understand nothing. They have an unhealthy interest in controversies and quarrels about words that result in envy, strife, malicious talk, evil suspicions 5 and constant friction between people of corrupt mind, who have been robbed of the truth and who think that godliness is a means to financial gain. [NIV]

### **Matthew 7:18-20**

18 A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. 19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus, by their fruit you will recognize them. [NIV]