

Emotions

Getting a Grip on Your Heart & Mind

desert breeze
community church



Saturday & Sunday, July 14 & 15, 2018 Josh Tanner

“From Shame to Joy” **Psalm 51**

Context: 2 Samuel 11-12

If your shame is misplaced and pushing you away from God, it's not God-given. Healthy shame should draw you toward repentance. The Psalms teach us how to think and feel from a biblical perspective. Psalm 51 teaches us that Christian, God-given shame produces Christian, God-given joy.

Healthy shame is God-given shame that draws us to Christ leading to repentance (2 Cor 7:9-10, 1 Cor 15:34, 1 Cor 6:5, Ez. 43:10)

Toxic shame is misplaced shame that pushes us away from Christ leading to hopelessness. (2 Cor 12:9-10, 1 Peter 5:8-10, 2 Timothy 1:8, 1 Peter 4:16)

Four ways to respond to our shame...

1. Turn to our only hope, the mercy and love of God. (v1)
2. Pray for cleansing from sin. (v2)
3. Don't minimize sin. (v3-6)
4. Plead for renewal. (v8-11)

The problem is not that we lose our salvation, but that we lose the joy in it. (v12-13, Eph. 2:8)

Christian, God-given shame produces Christian, God-given joy. (v17, 2 Cor. 6:10)

Personal Notes

Growing Notes

- 1) What's the difference between healthy and toxic shame? Describe any healthy and convicting shame drawing you towards Christ? Describe any toxic and misplaced shame pushing you from him?
- 2) Discuss how David draws attention to his radical corruption. How does understanding our totally depraved nature result in true repentance?
- 3) Did David lose his salvation? Discuss why those who are in Christ can't lose their salvation?
- 4) Compare Psalm 51:17 and 2 Corinthians 6:10. How can you apply that to everyday living?