

Is there anything that God spoke to you about, that you may want to share this week?

Jesus once said, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.” He likened sin to a disease and himself to a healer. Based on this text, ancient Christians called Jesus “the doctor of the soul.”

And trying to go on the spiritual journey of discipleship without healing from sin is like trying to run a marathon with a broken leg — you’re not going to get very far, and it’s not going to be very much fun. A key step in our apprenticeship to Jesus is healing from sin.

Growing up, what was your understanding of sin?

Psalm 51:1–12 is David’s heartfelt prayer of repentance after the prophet Nathan confronted him about his adultery with Bathsheba and the murder of her husband, Uriah (2 Samuel 11–12). Deeply aware of his guilt, David pleads for God’s mercy, acknowledging the seriousness of his sin and its offense against God. He longs for cleansing, inner renewal, and restoration of joy. This passage reveals David’s brokenness, his desire for a clean heart, and his dependence on God’s grace for healing. It stands as a powerful example of true repentance and the hope of spiritual restoration through God’s mercy.

Read Psalm 51:1-12

1. In v1-3 What do David's words reveal about how seriously he views his sin? Why do you think David uses multiple terms— "transgressions," "iniquity," "sin"—to describe what he has done?

2. In v4, What does David mean when he says, “Against you, you only, have I sinned”? How should this verse shape our understanding of how sin affects our relationship with God and others?
3. What do you believe about how God sees you and your sin?
4. V6 What does it mean that God “desires truth in the inward being”? How is this different from outward religious behaviour?
5. What images does David use to describe the cleansing he longs for in v7-9? Do any of these images relate to our healing in Christ?
6. What does this tell us about the depth of his guilt—and his hope for healing?
7. When you sin, what do you normally do?
8. In V11, What is David afraid of losing? What does this tell us about how central God’s presence is in our healing from sin?
9. How is joy connected to forgiveness and healing in verse 12?
10. Read James 5:13-20. How does confession to one another become effective in dealing with sin?
11. What are some of the challenges and benefits in confessing sins to another person?
12. Take time to pause and pray. Ask the question; What steps may God be inviting you to take toward healing?

Prayer Points

Please pray for the Light Party on 31st October, for all those coming, the preparation, the team and Karline who is leading the event.

Dr Stephen Green (D R Congo 1980-92, North Africa 2002-15) is chair of the BMS-supported Guinebor II Hospital in Chad. Pray for Stephen as he stewards the hospital board.

Sermon Notes



BIBLE STUDY

October 26th 2025

Practicing the Way:

Healing from Sin

Psalm 51:1-12

Following Jesus has been likened to a long journey. When Jesus invited His first disciples to “follow” Him on the “way,” He was simultaneously saying that discipleship to Him is a lifelong path of learning. This series is designed to help you become more familiar with the journey of spiritual formation, help you get unstuck if you’ve stalled, or just guide you into being more confident to help others in their journey. Ultimately, its goal is to train you to live as an apprentice or disciple of Jesus: to be with Jesus, become like Him, and do as He did.

If you would like to join a Connect Group, please contact the church office 01424 730001