SUNDAY SUPPLEMENT

FACTSS for Life | Week 3 — Confession

From Guilt to Grace • Psalm 51

BOTTOM LINE Confession isn't about informing God of our sin. It's about inviting God to free us from it.

SERMON SUMMARY

Trust in God's mercy more than your merit (Psalm 51:1–2). David appeals to God's steadfast love and compassion, not his accomplishments. Forgiveness is received through grace, not earned by goodness.

Confession acknowledges our core problem (Psalm 51:3–5). Confession names our rebellion, wrongdoing, and guilt honestly rather than hiding, excusing, or minimizing sin.

Ask God to change what we cannot change (Psalm 51:6–11). "Create in me a pure heart, O God." God's grace does more than pardon the past; the Holy Spirit renews our hearts and desires.

Confession restores rejoicing (Psalm 51:12–19). God's mercy leads from guilt to forgiveness, renewed joy, worship, and a restored witness to others.

REFLECTION QUESTIONS

1. Am I relying on my own goodness or on God's mercy when I approach him?
2. What sin or pattern am I tempted to excuse, minimize, or hide?
3. Where do I need God to transform my heart, not simply change my behavior?
4. How might receiving God's forgiveness restore joy and change my relationships?

SUGGESTED NEXT STEPS

1. Practice daily confession. Ask God to search your heart and reveal what needs to change.
2. Name what God reveals. Pray Psalm 51:1–12, acknowledging sin without excuses.
3. Take responsibility. Where you have harmed others, seek forgiveness and make things right when possible.
4. Ask for renewal. Pray Psalm 51:10, 12 for a clean heart and restored joy.

THIS WEEK Move from hiding sin to receiving God's grace—and take one concrete step toward a renewed life.