

# LENT IN THE OLD TESTAMENT

## “Psalms: We Ask God to Forgive Sin”

**Series Objective:** Students will learn:

- God chooses us to follow God
- We must ask God to forgive us when we sin
- God wants us to live a holy life
- God uses us to help others know God

**Series Theme Verse:** “The Lord is my shepherd, I lack nothing.” Psalm 23:1

**Lesson Objective:** Students will discover and understand:

- We sin when we do not do what God wants us to do
- We must ask for God to forgive our sins

**Lesson Passage:** Psalm 51

**Materials Needed:** Prayer Journals, Butcher Paper or White Board, Verse Poster

**Lesson Plan:** If you want, you can read the passage to students from NIV, then again from The Message version, to help them understand the narrative of Psalm 51, before heading to the Talking Points.

### Talking Points:

- Who wrote Psalm 51? (David)
- Explain to the students the context of David writing this Psalm. David had committed numerous sins in his affair with Bathsheba, including lying and murder, along with adultery. When he is shown how his sins have blocked his relationship with God, he writes Psalm 51. (Tell as much or as little of the story depending on your group’s knowledge of the story)
- David asks God to cleanse him of his sin, what did we say sin was last week? (Anything we do that is against God’s will)
- Why is David asking God to forgive him of his sin? (His sin is evil in God’s sight, and only God can forgive our sin)
- When David is forgiven of his sin, what will he feel? (Verse 10 says joy and gladness)
- What does sin do to our relationship with God, according to David in verse 11? (Causes a block in our relationship with God)
- In verse 12, David asks God to “restore...the joy of your salvation,” what does he mean? (We should find joy in our relationship with God, but when

sin enters into our relationship, we do not have that same joy because we know we have broken our relationship with God. Only forgiveness from God can fix the relationship and bring back our joy)

- Verses 15-19 say that when our heart is right with God and we have asked God to forgive us of our sins, then we are able to truly worship God. What are some ways we worship God? (Song, thankfulness, reading Scripture, etc.)

### **The Story Retold:**

- Give each student a journal.
- Tell them they can use this journal as a part of their prayer life and worship.
- In the journal they can write notes from reading Scripture, they can draw as a part of worshipping God, but today you will practice writing a prayer to God.
- Writing the prayer to God is easiest when we think of the word ACTS.
  - **Adoration:** First, tell God how much you love him.
  - **Confession:** Then, tell God about what you have done wrong and tell him you are sorry. He will forgive you, but he asks that you do not do this thing again.
  - **Thanksgiving:** Think about all the good things in your life and thank God for these blessings.
  - **Supplication:** Pray for something you need help with and for other people who need God's help.
- Have students write the ACTS guide in their Prayer Journal, but remind them that they can write however they want in their journal.
- As a class, illustrate writing a prayer using ACTS as a group on butcher paper or on a white board.
- Remind students that just like David, we must continually ask God to forgive us of our sins so that we can have a good, unobstructed relationship with God.

### **The Story and Me:**

- Remind students of the series verse to the students using the theme verse poster.
- Have students create motions for the words of the verse.
- Say the verse together using the motions, and then allow students to say the verse individually if they want to.
- Remind students that God loves us and wants the best for us, as a shepherd does for his sheep. We must make sure that when we sin, we ask forgiveness so our relationship with God will be filled with joy and gladness.