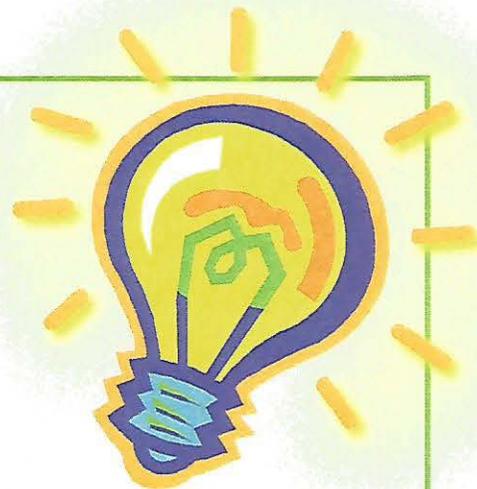


# Lighting the Way



Lesson 4

## Psalms of Confession and Repentance

Theme: Repentance – Asking God for forgiveness

### Memory Verse

“Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; Come before Him with joyful singing. Know that the Lord Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter His gates with thanksgiving, And His courts with praise. Give thanks to Him; bless His name. For the Lord is good; His lovingkindness is everlasting, And His faithfulness to all generations.”

Psalm 100

### Daily Bible Readings

Thursday	Psalm 32
Friday	Psalm 38:1-12
Saturday	Psalm 51:1-9
Monday	Psalm 51:10-19
Tuesday	Psalm 143

**W**hen we do something wrong, we are tempted to cover it up and not tell anyone. We might even think we can keep God from knowing, but God always knows. It is better to confess what we do wrong and ask God to forgive us. Several Old Testament psalms are confessions. In these songs, someone admits doing wrong and asks to be forgiven.

These are hard steps to take, but we must learn to take them to be right with God.

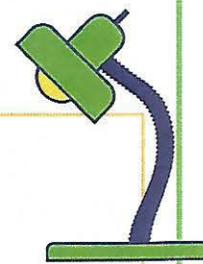
### Psalm 32

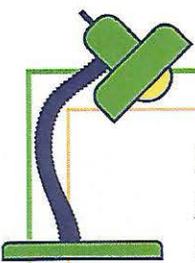
When the psalmist was silent about his sin ...

- God forgot about it.
- he felt it in his body.
- he just got over it.

When he confessed his sin to God, God ...

- punished him.
- forgave him.
- laughed at him.





### Psalm 38:1-12

*From the list below, circle the dot beside the things the psalmist said happened because of sin.*

- He feels like God's heavy hand is on him.
- He failed a grade at school.
- He does not feel healthy and strong.
- People want to be around him.
- People don't want to be around him.

Repenting means to change our heart and our way. If you've been disobeying your mom or dad and you repent of this, you will try hard to stop disobeying. When we decide to stop going the wrong way and start going God's way, we repent.

Sometimes we *say* we've done wrong and we're sorry, but we do the same wrong thing over and over. Repentance is not just what we say; it is also what we *do*. Repentance must come from our hearts and then must show up in our actions.

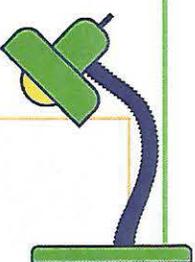
### Forgiveness

Suppose one day at school, you get into a lot of trouble. You forget the rules or just don't feel like following them. The teacher puts your name on the board and, as the day passes, adds a few marks beside it. Near the end of the day, your teacher gives you a chance for the marks to be erased. If you quietly do your work for the last hour of the day, she will erase the marks. This is something like forgiveness. God erases the marks that we have against us because of sin. One psalmist described forgiveness this way: "If you, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared" (Psalm 130:3-4).

We have a wonderful God who forgives. In Old Testament times, God provided animal sacrifices for sins. In time, God gave His own

### Confessing and Repenting

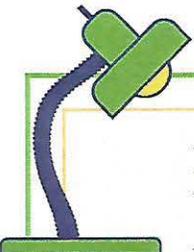
Confessing our wrongs to God means we admit what we have done. We understand our actions are wrong, and we tell this to God. This is often hard to do because we don't want to admit we have done wrong. One psalmist confessed his sins this way: "I know my transgressions, And my sin is ever before me. Against You, You only, I have sinned And done what is evil in your sight" (Psalm 51:3-4).



### Psalm 51:1-9

The psalmist knew his sin was against whom?

What does he ask God to do about his sin?



### Psalm 51:10-19

What kind of heart does the psalmist want God to create in him?

The psalmist knows he must have a broken and contrite heart. This means he will ...

- be sad and change.
- be happy and change.
- be sad and mad.

Son Jesus to die for our sins. We can be forgiven of our sins in Jesus Christ!

We can turn from wrong and do God's will, and He will forgive. We have a great God whom we can always trust to forgive and take care of us.

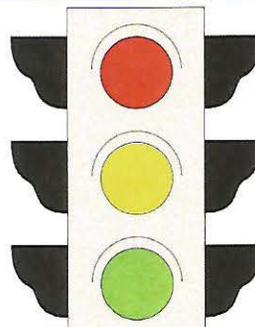
We need God's forgiveness and help. We must be willing to admit when we do wrong and try our best to do what is right.

### Psalm 143

*Underline the action words below that show a person is repenting.*

“Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to you I lift up my soul. ... Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground.”  
(Psalm 143:8, 10)

When I do wrong,  
I admit it.



Put an X in the light that best describes you.

**Red** — usually not

**Yellow** — sometimes

**Green** — all the time



Can you remember a time you did something wrong and it made you feel bad? Your conscience bothered you. Describe some of the things that you thought about and ways that you felt.

What have you learned from the psalms that will help you when you think and feel this way?

## Shine a Light on the Bible Facts



Which book of the Old Testament is about Moses teaching Israel to love and obey God?

Using numbers, put the major stages of Bible history in their proper order:

- \_\_\_ Punished by Captivity
- \_\_\_ Law at Mount Sinai
- \_\_\_ Salvation in Jesus Christ
- \_\_\_ Promise to Abraham
- \_\_\_ Living in the Promised Land
- \_\_\_ Wilderness Wanderings
- \_\_\_ Slavery in Egypt

On a map inside the back cover, locate the tribes of Benjamin, Zebulun, and Naphtali and mark them with a small **x**.