



The Practices of the True Abundant Life:

I. _____

For the choir director. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba.

Be gracious to me, O God, according to Your lovingkindness;

According to the greatness of Your compassion blot out my transgressions.

Psalm 51:1 (NASB '95)

II. _____

Wash me thoroughly from my iniquity

And cleanse me from my sin.

For 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,

So that You are justified when You speak

And blameless when You judge.

Behold, I was brought forth in iniquity,

And in sin my mother conceived me.

Behold, You desire truth in the innermost being,

And in the hidden part You will make me know wisdom.

Purify me with hyssop, and I shall be clean;

Wash me, and I shall be whiter than snow.

Make me to hear joy and gladness,

Let the bones which You have broken rejoice.

Hide Your face from my sins

And blot out all my iniquities.

Psalm 51:2-9 (NASB '95)

III. _____

Create in me a clean heart, O God,

And renew a steadfast spirit within me.

Do not cast me away from Your presence

And do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation

*And sustain me with a willing spirit.
Then I will teach transgressors Your ways,
And sinners will be converted to You.*

*Deliver me from bloodguiltiness, O God, the God of my salvation;
Then my tongue will joyfully sing of Your righteousness.
O Lord, open my lips,
That my mouth may declare Your praise.*

Psalm 51:10–15 (NASB '95)

POINT: _____

Doggy Bag: Something to take home and chew on!



1. How can you set aside time for Spiritual reflection during this Lenten season?
2. Has there been a time in your life when you have considered everything you have in life, and realized what David realized: that it was not enough?
3. What does repentance look like in your life?
4. How are you seeking the restoration of the joy of God's salvation?

Suggestion:

1. During Lent, make a Spiritual practice of fasting on Fridays or another day until evening and use your normal time of eating for reflection on what spiritually feeds your life. If fasting for two meals is too much, just fast for lunch. (Consult a medical professional if you are not familiar with fasting.)
2. If fasting from food is not practical for you, consider a fast from social media, alcohol or other indulgence for Lent (or a period of time in Lent) and reflect on the source of the true abundant life.
3. Seek some new Spiritual disciplines during Lent as a way of seeking abundant life as a gift of grace.

ANSWER KEY:

I. REFLECTION

II. REPENTANCE

III. RESTORATION

POINT: EVERYTHING IS NOT ENOUGH.