



"Qualifications for Refreshment"

Psalm 51:8-12



Getting Started

Take a moment to talk through the questions on refreshment below.

- Do you feel like you are in need of refreshment right now?
- What aspects of your life are draining you?
- What moments have you scheduled in your week to restore your life?

Going Deeper

What is one idea or concept that you learned from the message on Sunday?

Read [Psalm 51](#). What word or phrase jumped out at you?

On Sunday Jack mentioned three qualifications to being able to pray David's prayer of refreshment. Take a moment to discuss them

To qualify for refreshment you need to have done something despicable.

David had an affair with Bathsheba and then had her husband killed, so he clearly qualifies, but do you?

Read the following verses and discuss.

- [Matthew 5:21,22](#)
- [Matthew 5:27,28](#)

Why do you think God makes such a big deal about our mistakes?

On Sunday Jack made these two points.

- 1. Our mistakes point out a need for Him.**
- 2. He wants us to be focused on us, not on everyone around us.**

How have you seen these truths lived out in your life?

To qualify for refreshment we have to look honestly at our mistakes.

David was confronted by the prophet Samuel on his errors ([2 Samuel 12:1-10](#)) Have you ever been caught redhanded?

Refreshment starts when we can look honestly at our mistakes. This is not God holding us to a long list of our errors so he can compare us with other people. It's God wanting us to see what is hurting us. What's dragging us down.

What mistakes do you think are dragging you down right now? (i.e. Worry, low self esteem, stress, old habits, etc.)

3. To qualify for refreshment you need to accept God's forgiveness

In [Psalm 51:2](#) David makes this statement, my sin is always before me. Why do you think this statement is so common among people?

If you want renewal and restoration and refreshment you have to come to grip with this fact. You are forgiven. You are made new. You are loved and valued. Read [Psalm 103:11-13](#) and discuss God's forgiveness.

God clearly forgives us. But do you struggle with forgiving yourself?

Out of our three qualifications for this prayer, which do you struggle with the most

- You need to be despicable.
- You and I need to take a hard look at our mistakes and failures.
- You need to accept God's forgiveness. Not just know He forgives. But accept it. Accept yourself.

Close by praying [Psalm 51:8-12](#) as a group

REFRESH