

## Psalm 51

- 1 Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.
- 2 Wash away all my iniquity  
and cleanse me from my sin.

3 For I know my transgressions,  
and my sin is always before me.

4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.

5 Surely I was sinful at birth,  
sinful from the time my mother conceived me.

6 Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.

7 Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.

8 Let me hear joy and gladness;  
let the bones you have crushed rejoice.

9 Hide your face from my sins  
and blot out all my iniquity.

10 Create in me a pure heart, O God,  
and renew a steadfast spirit within me.

11 Do not cast me from your presence  
or take your Holy Spirit from me.

12 Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.

- 13 Then I will teach transgressors your ways,  
so that sinners will turn back to you.
- 14 Deliver me from the guilt of bloodshed, O God,  
you who are God my Savior,  
and my tongue will sing of your righteousness.
- 15 Open my lips, Lord,  
and my mouth will declare your praise.
- 16 You do not delight in sacrifice, or I would bring it;  
you do not take pleasure in burnt offerings.
- 17 My sacrifice, O God, is [b] a broken spirit;  
a broken and contrite heart  
you, God, will not despise.

## 2 Samuel 11- David and Bathsheba

1 In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army.

Shame - a painful emotion caused by consciousness of guilt, shortcoming, or impropriety

We feel guilty for what we do.

We feel shame for who we are.

Genesis 3 - Shame enters the world



Ways to recognize shame

How do we deal with our shame?

- 1) Ask God for mercy.

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according to your unfailing love;  
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## Hebrews 12 - Shame leaves the world

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

How do we deal with our shame?

- 1) Ask God for mercy.
- 2) Take responsibility and don't blame others.

3 For I know my transgressions,  
and my sin is always before me.

4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.

5 Surely I was sinful at birth,  
sinful from the time my mother conceived me.

How do we deal with our shame?

- 1) Ask God for mercy.
- 2) Take responsibility and don't blame others.
- 3) Allow God to cleanse you.

7 Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.

8 Let me hear joy and gladness;  
let the bones you have crushed rejoice.

9 Hide your face from my sins  
and blot out all my iniquity.



How do we deal with our shame?

- 1) Ask God for mercy.
- 2) Take responsibility and don't blame others.
- 3) Allow God to cleanse you.
- 4) Allow God to create something new.

- 10 Create in me a pure heart, O God,  
and renew a steadfast spirit within me.
- 11 Do not cast me from your presence  
or take your Holy Spirit from me.
- 12 Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.

When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.

-Henri Nouwen