

# “Love Lifted Me Recovery Ministries”

## Favorite Psalms Bible Study - Part 2

### Psalm 51:8-19 Lesson #4

\*\*INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word. Most Scriptures are from the New King James Version.

8 Make me to hear **JOY and GLADNESS**, that the **BONES which YOU have BROKEN** may **REJOICE**.

• **Matthew 5:4** “\_\_\_\_\_ are those who \_\_\_\_\_, for they shall be \_\_\_\_\_.”

• **Isaiah 35:10** “And the \_\_\_\_\_ of the Lord shall return, and come to Zion with singing, with everlasting \_\_\_\_\_ on their heads. They shall obtain \_\_\_\_\_ and \_\_\_\_\_, and \_\_\_\_\_ and sighing shall flee \_\_\_\_\_.”

• **Psalm 35:10** “All my \_\_\_\_\_ shall say, ‘\_\_\_\_\_, who is like You, delivering the poor from him who is too strong for him, yes, the poor and the needy from him who plunders him?’”

• **Psalm 31:10** “For my life is spent with \_\_\_\_\_, and my years with sighing; my strength fails because of my \_\_\_\_\_, and my \_\_\_\_\_ waste away.”

**Definition: “The BONES which YOU have BROKEN may REJOICE”** – David uses the picture of broken bones to describe how he feels when God has punished or disciplined him for his sin. David felt like God had poured out **His wrath (anger) on him because of his SIN**, but the good news is that God’s disciplining of His children **only lasts until we repent and turn back to Him, and then we can REJOICE and be happy again**. Many of these Scriptures talk about mourning or being sad for our sin, and then being joyful after we’ve repented and come back to God.

• **Psalm 38:1-5** “O Lord, do not \_\_\_\_\_ me in Your wrath, nor chasten (discipline) me in Your hot displeasure! For Your arrows \_\_\_\_\_ me \_\_\_\_\_, and Your hand presses me down. There is no soundness in my \_\_\_\_\_ because of Your \_\_\_\_\_, nor is there any \_\_\_\_\_ in my \_\_\_\_\_ because of my \_\_\_\_\_. For my \_\_\_\_\_ have gone over my head; like a heavy \_\_\_\_\_ they are too \_\_\_\_\_ for me. My \_\_\_\_\_ are foul and festering because of my \_\_\_\_\_.”

• **Psalm 39:11** “When with rebukes You \_\_\_\_\_ man for \_\_\_\_\_, You make his beauty melt away like a moth; surely every man is vapor.”

• **James 4:8** “Draw near to God and He will draw near to you. \_\_\_\_\_ your \_\_\_\_\_, you \_\_\_\_\_; and \_\_\_\_\_ your \_\_\_\_\_, you double-minded.”

**Definition: “PURIFY your HEARTS, you DOUBLE-MINDED”** – “CLEANSING your HANDS and PURIFYING your HEARTS” is a way of saying REPENT of your sin! **TRUE REPENTANCE means TURNING AWAY from your sin, and turning to God and doing His will in EVERY AREA of your life**. If you do not **MAKE up your MIND** to completely turn away from your sin, you may “fall back into sin” because you have reserved for yourself the “right” to go back and do those things for “comfort” or “escape” whenever things gets really tough, or life is hard, or you’ve had a bad day, or just because **it seems “easier”** to go back to your old ways of coping with stress. **This is being “double-minded”** - repenting from sin on the one hand, and yet reserving the “right” to go back there when YOU feel like it.

• **James 1:7-8** “For let \_\_\_\_\_ that man suppose that he will receive anything from the Lord; he is a \_\_\_\_\_-minded man, \_\_\_\_\_ in all his ways.”

• **I Peter 1:22** “Since you have \_\_\_\_\_ your \_\_\_\_\_ in obeying the truth through the Spirit in sincere love of the brethren, \_\_\_\_\_ one another fervently with a \_\_\_\_\_.”

9-10 **HIDE Your FACE from my SINS**, and blot out all my iniquities. **CREATE in me a clean HEART, O God, and renew a steadfast SPIRIT WITHIN me.**

• **Jeremiah 16:17** “For My eyes are on all their ways; they are not \_\_\_\_\_ from My \_\_\_\_\_, nor is their iniquity \_\_\_\_\_ from My eyes.”

• **Ezekiel 36:25-27** “Then I will sprinkle \_\_\_\_\_ on you, and you will be clean; I will \_\_\_\_\_ you from all your filthiness and all your idols. I will \_\_\_\_\_ you a new \_\_\_\_\_, and put a \_\_\_\_\_ within you; I will take the \_\_\_\_\_ of \_\_\_\_\_ out of your flesh and give you a heart of flesh (a compassionate heart). I will put My \_\_\_\_\_ within you and cause you to walk in My \_\_\_\_\_, and you will \_\_\_\_\_ My judgments and \_\_\_\_\_ them.”

• **Philippians 2:5** “Let this \_\_\_\_\_ be in \_\_\_\_\_ which was also in \_\_\_\_\_.”

• **Psalms 23:3** “He \_\_\_\_\_ my \_\_\_\_\_; He leads me in the paths of \_\_\_\_\_ for His name’s sake.”

**Definition:** “**CREATE in me a clean HEART....renew a steadfast SPIRIT WITHIN me**” – Our **human spirit** within us, also called our “**heart**” in Scripture, and which is indwelt by the Holy Spirit of God. It is our **SPIRIT** that is “born again” when we receive Jesus as our Savior.\*God **CREATES** the new nature (the “NEW MAN”) in us when we are **BORN AGAIN (our spirits are MADE ALIVE)**, when we receive Jesus as our Savior, but there is a daily conscious decision we must make to LET the NEW NATURE and God’s Spirit CONTROL US. **We must yield or surrender our bodies to God** every day, even moment by moment, and **give Him the right** to use us as His servants.

• **Ephesians 4:23-24** “And be \_\_\_\_\_ in the \_\_\_\_\_ of your \_\_\_\_\_; and that \_\_\_\_\_ put on the \_\_\_\_\_, which was \_\_\_\_\_ according to \_\_\_\_\_, in \_\_\_\_\_ and true \_\_\_\_\_.”

• **II Corinthians 5:17** “Therefore, if anyone is \_\_\_\_\_, he is a new \_\_\_\_\_; old things are passed away, behold, all things have become \_\_\_\_\_.”

• **Colossians 3:10** “And have put on the \_\_\_\_\_ who is renewed (created) in knowledge according to the image of Him who created him.”

• **I Corinthians 2:11** “For what man knows the things of a man except the \_\_\_\_\_ of the \_\_\_\_\_, which is \_\_\_\_\_ him?”

• **Romans 8:16** “The \_\_\_\_\_ [of God] Himself bears witness with our \_\_\_\_\_ that we are \_\_\_\_\_ of \_\_\_\_\_.”

11-12 **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 uphold me with Your generous Spirit.

• **Genesis 4:14** “Surely You have \_\_\_\_\_ me \_\_\_\_\_ this day from the face of the ground; I shall be \_\_\_\_\_ from Your \_\_\_\_\_; I shall be a fugitive and a vagabond on the earth, and it will happen that anyone who finds me will kill me.”

• **Psalms 27:9** “Do not \_\_\_\_\_ Your \_\_\_\_\_ from me; do \_\_\_\_\_ turn Your servant away in \_\_\_\_\_; You have been my help; do not \_\_\_\_\_ me nor \_\_\_\_\_ me, O God of my salvation.”

• **II Kings 13:23** “But the Lord was gracious to them, had compassion on them, and regarded them, because of His covenant with Abraham, Isaac, and Jacob, and would \_\_\_\_\_ yet \_\_\_\_\_ them or \_\_\_\_\_ them from His \_\_\_\_\_.”

**Definition:** “**Do NOT take Your HOLY SPIRIT from ME**” – We know that David had the Holy Spirit with

him, because he wrote so many of the Psalms under the inspiration of the Holy Spirit. **Because he had sinned, David was afraid that God would take His Spirit from him and DESERT him, but God did not.** The very fact that David asks God NOT to take the Spirit away means that **he STILL HAD the Holy Spirit at that time.** God is so gracious and merciful, and as New Testament believers in Christ, we have the promise that **He will NEVER LEAVE US or forsake us.**

• **Hebrews 13:5** "Let your conduct be without covetousness, and be content with such things as you have. For \_\_\_\_\_ Himself has said, 'I will \_\_\_\_\_ you nor \_\_\_\_\_ you.'"

13 Then I will teach transgressors Your ways, and **SINNERS shall be CONVERTED to YOU.**

• **Psalms 40:1-3** "I waited patiently for the Lord; and He inclined to me and heard my cry. He also \_\_\_\_\_ me \_\_\_\_\_ out of a \_\_\_\_\_, out of the miry clay, and set my feet upon a rock, and established my steps. He has put a \_\_\_\_\_ song in my \_\_\_\_\_ - \_\_\_\_\_ to our \_\_\_\_\_; \_\_\_\_\_ will \_\_\_\_\_ it and fear, and will \_\_\_\_\_ in the \_\_\_\_\_."

**Definition: "SINNERS shall be CONVERTED to YOU"** – When we get our lives right with the Lord, especially if **we've come out of a very sinful lifestyle (the "horrible pit" of Psalm 40)**, we have a testimony to give to others, and many people will be converted and come to know the Lord.

14-15 **Deliver me from BLOODGUILTINESS**, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, **open my lips, and my mouth shall show forth Your praise.**

• **I Thessalonians 5:18** "In everything \_\_\_\_\_; for this is the \_\_\_\_\_ of God in Christ Jesus for \_\_\_\_\_."

• **Acts 16:24-25** "Having received such a charge, he put them into the inner \_\_\_\_\_ and fastened their feet in the stocks. But at midnight Paul and Silas were \_\_\_\_\_ and \_\_\_\_\_ to God, and the [other] prisoners were \_\_\_\_\_ to them."

• **Psalms 34:1** "I will bless the Lord at \_\_\_\_\_; His \_\_\_\_\_ shall \_\_\_\_\_ be in my mouth."

**Definition: "Deliver me from BLOODGUILTINESS"** – David was **GUILTY of shedding the BLOOD** of another human being, because he orchestrated the murder of Bathsheba's husband, so that he could have her for his wife. No, David did not actually kill her husband with his own hands, but he **PUT OUT a CONTRACT on her husband**, so David was still GUILTY of his death. **If you are guilty of the sin of murder, or any other sin, you MUST receive and accept by faith** your complete forgiveness and cleansing, just because of what Jesus did for you on the cross, not because of anything you did to deserve it.

It is vitally important that you not only **believe that God has forgiven you**, but that you also **FORGIVE YOURSELF!** There are no sins that are worse than others - sin is sin, in God's eyes. Murder or drunkenness are not worse than gluttony (overeating). **PRIDE** is always a sin and an abomination to God, and so is lying. Jesus really lambasted the Pharisees for **their hypocrisy, self-righteousness, pride, and for leading others astray.** In I Corinthians 6:11, Paul speaks to Christians, showing us that the Church of Jesus Christ is made up of SINNERS, because he says, "such were some of you." **It is only by the BLOOD of Jesus Christ that we are forgiven** and CLEANSED of those sins. A person who has NOT trusted Jesus Christ for salvation and forgiveness of their sins has NO PART in the kingdom of God. Jesus said, "Unless a man is BORN AGAIN, he cannot [even] SEE the Kingdom of God." (John 3:3)

• **I Corinthians 6:9-11** "Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers (users of abusive language), nor extortioners will inherit the kingdom of God. And \_\_\_\_\_ were some of \_\_\_\_\_. But you

were \_\_\_\_\_, but you were \_\_\_\_\_ (made holy), but you were \_\_\_\_\_ in the \_\_\_\_\_ of the Lord \_\_\_\_\_ and by the Spirit of our God.”

16-17 For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a **broken spirit, a BROKEN and CONTRITE HEART** – these, O God, You will not despise.

• **Psalm 34:18** “The Lord is \_\_\_\_\_ to those who have a \_\_\_\_\_; and saves such as are of a contrite \_\_\_\_\_.”

**Definition: “A BROKEN and CONTRITE HEART”** – Contrite means having grief, remorse or deep sorrow for having done wrong, and especially sorrow for having offended God. Isaiah 57:15 says, “For thus says the High and Exalted One who lives forever, whose name is Holy, ‘I dwell on a high and holy place, and also with the **CONTRITE and lowly of spirit (humble)**, in order to **revive the HEART of the contrite.**” If you want to have a close relationship with the Lord, and “dwell with Him in a high and holy place,” you **MUST** come to a place where you **HUMBLE** yourself before Him, and weep and mourn for the awfulness of your sin. You must come to God with a broken heart, not with **PRIDE** and arrogance, or rationalizing your sins. **This MOURNING and WEEPING will NOT last forever, as God desires to “REVIVE the heart of the contrite” (the one who is sorry for their sins),** and Jesus said He came to **“HEAL the broken hearted.”** There is much **JOY** in the Christian life, but only after you have come to God with a broken and contrite spirit, draw **NEAR** to Him, and **THEN** He will lift you up (exalt you), heal you, and give you His joy.

• **Luke 4:18** “He has sent Me to \_\_\_\_\_ the \_\_\_\_\_, to preach deliverance to the captives, recovering of sight to the blind, and to set at liberty those who are \_\_\_\_\_.”

18-19 Do good in Your good pleasure to Zion; build the walls of Jerusalem. Then **You shall be PLEASED with the SACRIFICES of RIGHTEOUSNESS**, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

• **Psalm 50:7-10** “Hear, O My \_\_\_\_\_, and I will speak, O Israel, and I will testify against you; I am \_\_\_\_\_, your \_\_\_\_\_! I will \_\_\_\_\_ reprove you for your \_\_\_\_\_ or your burnt \_\_\_\_\_, which are continually before Me. I will not take a \_\_\_\_\_ from your house, nor \_\_\_\_\_ out of your folds. For every \_\_\_\_\_ of the forest is \_\_\_\_\_, and the \_\_\_\_\_ on a thousand hills.”

**Definition: “You shall be PLEASED with the SACRIFICES of RIGHTEOUSNESS”** – “a **sweet-smelling aroma**” – This refers to the sacrifices and incense used in the Old Testament worship of God. All of the Old Testament sacrifices and rituals were **SYMBOLIC** of Christ, and He is their fulfillment. (Colossians 2:16-17, Hebrews 9:1-14). **When God was pleased with the Israelites’ sacrifices,** He would say it was a “sweet-smelling aroma”. But God did **NOT** want them to continually offer sacrifices of animals **if their HEARTS were not right with Him.** For us today, as Believers under the New Covenant (New Testament) the sacrifices that please God are the **SACRIFICES** of our **PRAISE.**

• **Hebrews 13:15** “Therefore by Him (Jesus Christ) let us continually \_\_\_\_\_ the \_\_\_\_\_ of \_\_\_\_\_ to God, that is the \_\_\_\_\_ of our \_\_\_\_\_, giving \_\_\_\_\_ to His name.”

• **Ephesians 5:1-2** “Therefore be followers of God as dear children. And \_\_\_\_\_ in \_\_\_\_\_, as Christ also has loved us and given Himself for us, an \_\_\_\_\_ and a \_\_\_\_\_ to \_\_\_\_\_ for a \_\_\_\_\_-smelling \_\_\_\_\_.”