



TALK IT OVER

Renewed and Restored

BOTTOM LINE

The remedy for our sexual brokenness is reliance on the God who heals and forgives.

CONVERSATION STARTER

If you could create a new winter holiday, what would you call it and how would you celebrate?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/daily
- [Healing from Shame](#) by Graig Groeschel

KEY VERSES AND QUOTES

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13 NIV

God opposes the proud but gives grace to the humble. 1 Peter 5:5 NLT

You are my hiding place; You, LORD, protect me from trouble; You surround me with songs and shouts of deliverance. Psalm 32:7 AMP

“Grace is a thunderous, expansive, powerful, and life-altering word. Other than *God*, there is no more important word that the human mind could consider, and the mouth could speak. Grace is the ultimate spiritual game-changer. It is the one thing that has the power to change you and everything about you. There simply is nothing comparable to God’s grace. Grace will blow up your little kingdom of one while it introduces you to a much better, more glorious King. Grace will work to expose your blindness while it gives you eyes to see. Grace will drive you to the end of yourself while it holds before you the promise of fresh starts and new beginnings. Grace is a person, and His name is Jesus.” – Paul Tripp

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Psalm 51 is David’s story of sin, forgiveness, and healing. How is it significant to you that David didn’t mention what his sin was? David uses words that mean Defiance, Defect, Distortion, and Deceit. They all lead to shame. How does shame feel and affect life? How have you seen/experienced it? Shame and secrets are sinister. David discovered that “you’re as sick as your secrets” – his silence deepened his problems. He experienced physical, mental, and spiritual deterioration. How have you seen/experienced it? Acknowledging and exposing our sin is essential to healing. What are appropriate guidelines for doing this? With God? Beyond God? “Renouncing” – leaving our sin. How would you help someone who was struggling with this? What blessings of forgiveness and release from shame have you experienced? Protection, preservation, proximity, peace, and praise? Humility and release from pride are essential to release from shame. Perhaps you can help others with your wise testimony. Discuss who and how.

ACTION STEP

I will embrace the process of being set free from all deception and secrecy so I can live free and healed. I will confess and renounce my sins and live in God’s blessing.