

Series: Overwhelmed: What do I do?
Title: **When regret is overwhelming**
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In the spring when kings march out to war, David sent Joab with his officers and all Israel. They destroyed the Ammonites and besieged Rabbah, but David remained in Jerusalem. One evening David got up from his bed and strolled around on the roof of the palace. From the roof he saw a woman bathing—a very beautiful woman. So David sent someone to inquire about her, and he said, “Isn’t this Bathsheba, daughter of Eliam and wife of Uriah the Hethite?” David sent messengers to get her, and when she came to him, he slept with her... (2 Samuel 11:1-4)

When I kept silent, my bones became brittle from my groaning all day long. (Psalm 32:3)

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

Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.
Completely wash away my guilt
and cleanse me from my sin.
For I am conscious of my rebellion,
and my sin is always before me.
Against you—you alone—I have sinned
and done this evil in your sight.
So you are right when you pass sentence;
you are blameless when you judge.
Indeed, I was guilty when I was born;
I was sinful when my mother conceived me.
(Psalm 51:1-5)

Reflection Question:

Where in your life do you need to be reminded of God's grace? What do you need to surrender to Him?