Act 1: One bad decision.
(David stays home.)
In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem.

Be careful not to fall into the same temptation yourself. Galatians 6:1 (NLT)

Act 2: One bad decision leads to another bad decision.
(David ponders sinful thoughts.)
Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath. He sent someone to find out who she was, and he was told, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.”

He sent someone to find out who she was, and he was told, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.” Verse 3

You must not commit adultery. Exodus 20:14 (NLT)

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Galatians 6:1 (NLT)

Act 3: One bad decision leads to another bad decision, which leads to another bad decision.
(David acts on his sinful thoughts.)
Then David sent messengers to get her, and when she came to the palace, he slept with her. She had just completed the purification rites after having her menstrual period. Then she returned home. Later, when Bathsheba discovered that she was pregnant, she sent David a message, saying, “I’m pregnant.” 2 Samuel 11:4-5 (NLT)

Act 4: One bad decision leads to another bad decision, which leads to another bad decision, which leads to another bad decision.
(David continues in his sin.)
Then David sent word to Joab: “Send me Uriah the Hittite.” So Joab sent him to David. When Uriah arrived, David asked him how Joab and the army were getting along and how the war was progressing. Then he told Uriah, “Go on home and relax.” David even sent a gift to Uriah after he had left the palace. But Uriah didn’t go home. He slept that night at the palace entrance with the king’s palace guard.

When David heard that Uriah had not gone home, he summoned him and asked, “What’s the matter? Why didn’t you go home last night after being away for so long?” Uriah replied, “The Ark and the armies of Israel and Judah are living in tents, and Joab and my master’s men are camping in the open fields. How could I go home to wine and dine and sleep with my wife? I swear that I would never do such a thing.”

“Well, stay here today,” David told him, “and tomorrow you may return to the army.” So Uriah stayed in Jerusalem that day and the next. Then David invited him to dinner and got him drunk. But even then he couldn’t get Uriah to go home to his wife. Again he slept at the palace entrance with the king’s palace guard.

Act 5: One bad decision leads to another bad decision, which leads to another bad decision, which leads to another bad decision, which leads to another bad decision.
(David is totally consumed by his sin.)
So the next morning David wrote a letter to Joab and gave it to Uriah to deliver. The letter instructed Joab, “Station Uriah on the front lines where the battle is fiercest. Then pull back so that he will be killed.” So Joab assigned Uriah to a spot close to the city wall where he knew the enemy’s strongest men were fighting. And when the enemy soldiers came out of the city to fight, Uriah the Hittite was killed along with several other Israelite soldiers.
Act 6: David finally makes a good decision.
(David confesses his sin to God.)

So the LORD sent Nathan the prophet to tell David this story: “There were two men in a certain town. One was rich, and one was poor. The rich man owned a great many sheep and cattle. The poor man owned nothing but one little lamb he had bought. He raised that little lamb, and it grew up with his children. It ate from the man’s own plate and drank from his cup. He cuddled it in his arms like a baby daughter. One day a guest arrived at the home of the rich man. But instead of killing an animal from his own flock or herd, he took the poor man’s lamb and killed it and prepared it for his guest.”

David was furious. “As surely as the LORD lives,” he vowed, “any man who would do such a thing deserves to die. He must repay four lambs to the poor man for the one he stole and for having no pity.”

Then Nathan said to David, “You are that man.”

2 Samuel 12:1-7 (NLT)

Then David confessed to Nathan, “I have sinned against the LORD.”

Nathan replied, “Yes, but the LORD has forgiven you, and you won’t die for this sin. Nevertheless, because you have shown utter contempt for the LORD by doing this, your child will die.”

2 Samuel 12:13-14 (NLT)

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path.

Galatians 6:1 (NLT)

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me. All my guilt is gone.

Psalm 32:1-5 (NLT)

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

1 John 1:8-10 (NLT)

O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.

Psalm 86:5 (NLT)

They refused to obey and didn’t pay attention to the miracles you did for them; instead, they rebelled and appointed a leader to take them back into slavery in Egypt! But you are a God of forgiveness, always ready to pardon, gracious and merciful, slow to become angry, and full of love and mercy.

Nehemiah 9:17 (LB)

Let the wicked leave their way of life and change their way of thinking. Let them turn to the LORD, our God; he is merciful and quick to forgive.

Isaiah 55:7 (GN)

Preventative heart maintenance

1. Eat healthy.

Your word is a lamp to guide my feet and a light for my path.

Psalm 119:105 (NLT)

It is written: “Man does not live on bread alone, but on every word that comes from the mouth of God.”

Matthew 4:4 (NIV84)

2. Exercise daily.

Be joyful always; pray continually; give thanks in all circumstances.

1 Thessalonians 5:16-17 (NIV84)

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

1 Peter 4:10 (NLT)

3. Watch your weight.

Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.

Psalms 55:22 (NIV84)

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand.

Philippians 4:6-7 (NLT)

4. Manage your stress.

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28 (NIV)

Be still, and know that I am God!

Psalms 46:10 (NLT)

If God is for us, who can be against us?

Romans 8:31 (NIV)

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Matthew 6:33 (NLT)

1. Eat healthy.
2. Exercise daily.
3. Watch your weight.
4. Manage your stress.
DAILY MEDITATIONS

MAY 23/24, 2015

Memory Verse:
But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness. Hebrews 3:13 (NIV)

Monday – Begin the day in prayer; meditate on the memory verse.
Review the sermon outline. Which part of the sermon spoke to you? ______________
_____________________________________________________________________
From the sermon, what did you learn from David’s bad decisions? ______________
_____________________________________________________________________
How can you apply what you learned to your life? __________________________
_____________________________________________________________________

Tuesday – Begin the day in prayer; meditate on the memory verse.
Read 2 Samuel 11:1-13. In what ways did David give sin an opportunity in his life?
_____________________________________________________________________
How was Bathsheba described to David in verse 3? How should David have responded to this information? How did he actually respond? ____________________________
_____________________________________________________________________
Read James 1:13-15. Why is it so important to control what we put into our minds? What are some ways you control what goes into your mind? ______________
_____________________________________________________________________
Read John 8:34, 2 Timothy 3:13 and Hebrews 3:13. What do these verses teach us about sin? ____________________________________________
What kind of man was Uriah? ____________________________________________
Why do you think David thought it would be easier to come up with an elaborate plan to cover his sin rather than admit he was wrong? ____________________________________________

Wednesday – Begin the day in prayer; meditate on the memory verse.
Read 2 Samuel 11:14-27. What plan does David devise to deal with Uriah? What part does David play in carrying out this plan? Why is this significant? ______________
_____________________________________________________________________
Under normal circumstances, why would Joab’s strategy anger a king? What was the messenger to say in order to dispel David’s anger? ____________________________
_____________________________________________________________________
What was David’s response to the news of Uriah? What was Bathsheba’s response to the news of her husband? What was the Lord’s reaction to what David had done? ____________________________________________
_____________________________________________________________________
How many people did David’s sin affect? Why does personal sin affect so many? ____________________________________________
_____________________________________________________________________

Thursday – Begin the day in prayer; meditate on the memory verse.
Read 2 Samuel 12:1-9,13. How did Nathan confront David? Why do you think he confronted David in this way? __________________________
_____________________________________________________________________
How did David respond to Nathan’s story? __________________________________
_____________________________________________________________________
What did the Lord say to David through Nathan (v. 7-9)? ____________________________
_____________________________________________________________________
What does David finally admit in verse 13? What does Nathan tell David? ______________
_____________________________________________________________________
What is your first response when being confronted with sin? What can you learn from David’s response in verse 13? ____________________________________________
_____________________________________________________________________

Friday – Begin the day in prayer; meditate on the memory verse.
Read Psalm 51:1-19. Read the heading of this Psalm. When did David write it? ____________________________
_____________________________________________________________________
How does David describe God’s character throughout the Psalm? How does David describe his own character? ____________________________________________
_____________________________________________________________________
What is David’s sacrifice to the Lord in verse 17? What does this mean? ______________
_____________________________________________________________________
What did you learn about true repentance from Psalm 51? ____________________________
_____________________________________________________________________