

UNEARTHED

Digging beneath the surface and bringing our whole selves before God.

Unearthed Week 4: "What Lives in the Dark"

Day 1:

This week we dove into the story of David and his interaction with the prophet Nathan. David had sinned (big time!) in connection with Bathsheba and Uriah, and he tried hard to cover it up and live life as normal. However, his mind was wrecked by the weight of unconfessed sin. Eventually God sent Nathan to be a truth teller for David and give him a proper assessment of his actions and heart. This led David to confess his sin and find redemption.

Unfortunately for us, we live in a time where the value of our individual opinions can blind us to reality and honest perspectives, especially within our own lives. We tend to be quick to give opinions and judge things outside of ourselves, but slow to condemn our own actions, attitudes, and thoughts. As you read the story, try to learn from the mistakes of a man who was after God's heart, but struggled see in the darkness of his self-inflicted circumstances.

Read 2 Samuel 12.

As you read today, notice that David's values of what is right or wrong did not change. He knew the correct answer, but it was tainted by his opinion of himself. His lack of self-awareness lead to a snap judgement. Is there an area of your life where you justify your own actions/thoughts?

Day 2:

God loves us to our core, but we won't know it fully if we keep Him at arm's length by hiding our flaws and sins in the darkness. Take some time today to read these passages and notice the real hope they speak.

James 5:16-20

1 John 1:5-9

Proverbs 28:13

Psalms 32:5

Which passage impacted you the most? Why?

Where is God trying to give you a new perspective on your own life?

Day 3:

Today we will spend some time looking at our own story to see where 2 Samuel 12 can be a mirror for our own lives. As you begin, look back over the Scripture passages from this week.

- *Where do you see yourself in this story? If you can't relate to David, ask where you may have some blind spots.*
- *How has a lack of confession affected your story? Did you feel an extra "weight" in your life?*
- *God sent Nathan to give help give David a new perspective. Is there a friend or person in your life you need to ask for their honest feedback in your story?*

Day 4:

It takes honesty and time to recognize where we fall short and what we need to confess to God and others. Let God show you what you need to confess. Be honest and be hopeful.

Reflect on where the Spirit is leading you to confess and find freedom as you walk through the practice in week 4 of the *Unearthed* workbook.

Day 5:

We learned this week that there is destruction and decay in the dark. God wants to transform our minds and perspective to see where we need to bring our issues into the light. He is not looking to expose us and shame us, but rather to free us to walk in with new life.

Confession is a crucial part of our redemption story and helps us find freedom from our own shortcomings. God knows our hearts fully, but He wants us to know them as well. When we confess, we are being honest with God and ourselves. Confession and His love give us a clear path forward of hope, out our poor patterns of sin and into true life.

Look back over your notes from this week.

What do you notice?

What new thing did God reveal to you?

How has God spoken to you through Scripture or the discoveries you've made?

What's God inviting you to as a result?

Consider...

- Spend some time doing a radical inventory of the sin in your life. Invite God to show you where are still holding onto your sin and need to release it to God. Confess your sin, receive God's forgiveness, and be covered by his love. Do what Jesus often spoke to those he healed, "Go and sin no more."