



## Lesson #1-7

## NATHAN AND KING DAVID

2 Samuel 11:1-5, 26-27; 12:1-9; Psalm 51:1-9

**Key Verse:**

Have mercy on me, O God, according to your steadfast love.

Psalm 51:1

**The Point:**

We can always seek forgiveness when we sin and stray from God.

**Unit Theme (October 16—November 6)**

Living Faithfully in God's Promise

## TURNING AROUND

*Meditate to turn from sinfulness.**Supplies:*

- † Optional: prayer labyrinth or finger labyrinth

*Preparation:*

1. If you do not have a prayer labyrinth, consider constructing one. Various ideas are available online. You can also provide finger labyrinths or outline a walking route indoors or outdoors.

*Instructions:*

1. **Repentance in Hebrew is “teshuva,” which means to return or to retrace one’s steps. Today you will be invited to walk (use) a labyrinth (or an equivalent path)**

**and think about your own sinfulness. After you have walked for a few minutes, turn around and go in the other direction. Changing direction shows your willingness to change your actions in the future. Adding movement to the act of reflection and penitence gives it an added layer of depth and also equips us with a tool for doing the work of repentance on our own in the future.**

2. Invite participants to walk the labyrinth. To accommodate a large group without a large labyrinth, leaders can take the group to a sidewalk, large room, or even a sanctuary where people can walk a designated path.