

HOW TO GET BACK UP

Psalm 51

(Not entirely original with me)

Introduction: Know anybody who is perfect? Some may think they are, but everybody messes up sooner or later and some more often than others. However, Christians have a place to turn to when he/she gets into sin. Remember King David? He liked women and got into a big sin problem with Bathsheba. He tried to cover up that sin and messed things up even more by causing her husband to be murdered. David had to be confronted with what he did before he was able to get things going right again. So, how do you get back up after being knocked down in sin?

1. Christians must realize that they can and probably will still sin after being saved.

- Everyone was born sinners and even though given a new nature when born again as a Christian, the old sin nature still hangs around along with the tendencies and weaknesses that got him/her into sin in the first place.
- Sin doesn't take away one's salvation, but it can knock the "spiritual" wind out of a person.
- Eternal security/salvation doesn't give immunity or protection from temptation.
- So, as long as we live down here on earth, we're going to wrestle with sin.

2. Sin always brings consequences even to the Christian.

- David wrote Psalm 51 (text) describing his feelings about his sin and knew that trouble was coming because of his sins.
- *"...Have mercy upon me, O God, according to thy loving-kindness; according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin..." (vv1-2)*
- The consequences may not be immediate upon sinning, but they will come.

3. Sin makes a Christian feel dirty inside.

- If you are a Christian, sin will make you feel dirty inside. If you are not a Christian, it won't bother you probably.
- If you try to "correct" a non Christian for a sinful thing, he/she won't see anything wrong with what he/she did.
- However a faithful Christian, one who is walking close to the Lord will feel terrible and just plain dirty when he/she sins.
- David felt that way and asked the Lord to cleanse him. Maybe we need to do the same thing?

4. Sin has a way of taking over the mind.

- David couldn't get the sin he had committed out of his mind. In a way, it wounded him plus the Holy Spirit was there also to remind him of what he had done and his need to get things straight between him and God.
- A non-believer can sin and forget about it but with a Christian, it's different for that sin will stay fresh in his/her mind causing a change in behavior - irritability, temper, restlessness, etc.
- Until the Christian deals with his/her sin before God, that sin will continue to fester and fester until it is dealt with.
- A Christian with unconfessed sin in his/her life constantly thinks about it.

5. A Christian's conscience is bothered by sin.

- When David committed the sin of adultery, it was not only against his wife and family, but also against God and when confronted, David saw what he had done as an affront to the Holy God who loved him. *"...Against thee, thee only, have I sinned and done this evil in thy sight..." (v4).*
- A Christian is more than just afraid of punishment when he/she has sinned, it is not punishment that the Christian is concerned about but the fact that he/she has disgraced God.
- When we sin (Christians) against God, we break His heart - and that bothers us.

6. A Christian becomes sad when he/she falls into sin.

- *"...restore unto me the joy of thy salvation..." (12)*
- It is not salvation that is lost when a Christian sins, it is joy and fellowship with the Lord.
- The most unhappy man on earth is not an unsaved sinner, he/she doesn't know the difference, but the child of God, the Christian who is out of fellowship with God because of sin is very unhappy.
- When a person becomes a Christian he/she still sins but no longer can enjoy it as he/she once did.
- Look at a person when he/she is in sin - does he/she look happy or does he/she look unhappy, even miserable. The difference can be seen between a non Christian and a Christian and, sadly, a back-slidden Christian.
- Christians have a joy that nobody else has for the Christian's sin has been taken away.
- If joy is missing from your life, then something has gotten in the way of your relationship with Jesus.

7. Sin in a Christian's life can make him/her sick.

- *"...Make me to hear joy and gladness; that the bones which thou has broken may rejoice..." (v8)*
- The spirit of a Christian is often crushed when he/she sins and he/she can become actually physically sick in body as well as in mind and spirit.
- Without joy, without the peace that comes from being close to God, a Christian can just become sick.
 - There's such things as "motion/car sick," home sick," and also "spirit sick."
- You just cannot have the joy of the Lord when you are walking away from God.

8. Christians can become critical, judgmental because of sin in their lives.

- *"...Create in me a clean heart, O God, and renew a right spirit within me..." (v10)*
- Think about it for a moment - have you ever seen a "Christian" who was the most cranky, crabbiest, grippiest, most critical, hatefulest, person you have ever seen? What was wrong with that person? No doubt there was unconfessed sin in that person's life.
- Christians who are not right with God are miserable inside and then try to push their misery off on to others.
- Remember when Nathan confronted David with a story about a rich man having hundreds of sheep but took a lamb from his poor neighbor and killed it to feed a visitor, and David jumped up in anger and said the rich man should be punished.....only to find out that Nathan was pointing out to David that he was the rich man who stole from a poor man - his wife. David was quick to judge somebody else.
- Sin in our lives can make us very critical, judgmental people.

9. Sin has a way of causing Christians to not talk about the Lord Jesus.

- Christians will talk about just about anything except God, the Lord Jesus, the Holy Spirit, their Church, their Christian life when they are backslidden, when they have unconfessed sin in their lives.
- Sin in a Christians life keeps them quiet about saying anything about God. Satan is good at that.

10. How to get back up when you've been knocked down by sin.

- First of all, we have to remember that God still loves us, no matter what Satan says.
 - There is NOTHING that we can do to make God stop loving us, remember that before we were saved God loved us. So God still loves us and wants us to get back with Him.
- Secondly, we need to confess our sins to God. God doesn't want to hear an excuse or an alibi, He wants to hear us admit what we did was a sin, He wants us to be repentant, sorry about it.
 - God wants to hear, "I'm guilty, Lord.." ***"...If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness..." (1 John 1:9)***
 - So, go to God, confess your sins and get right with Him.
- Thirdly, we need to allow God to cleanse us. ***"...Purge me with hyssop, and I shall be clean, wash me, and I shall be whiter than snow..." (v7).***
 - We must ask God to cleanse us, to blot out our sins and in doing so, God removes both the penalty and pollution of our sin. The blood of Jesus cleanses us from every sin.
 - We don't have to carry around guilt or condemnation.
 - We don't have to listen to Satan, our accuser.
 - We are made new.
 - We can come back from being away from God and be near, close to Him once more.

CONCLUSION:

1. Christians are the Children of God but they still make mistakes, they still sin for their old human nature is still with them and as long as it is there, sin is also still there.
2. Sin affects Christians differently than it does non Christians.
3. Sin makes Christians miserable, cranky, irritable, judgmental, downright hateful at times for they are out of God's will and they know it.
4. When a Christian sins, he/she needs to get before God as soon as he/she realizes that he/she has sinned and get the sin forgiven and be cleansed and restored in right fellowship with God.
5. Every Christian will be knocked down by sin more than once in his/her lifetime but God never gives up on any of His Children.
6. Christian, is your relationship right with God, right now? Is there unforgiven sin in your life? Get it taken care of right now.