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# OVERCOMING FAILURE

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Becoming A Woman After God's Heart



Janet Khokhar | The Art of Contentment

# Overcoming Failure: Becoming a Woman After God's Heart

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Name: \_\_\_\_\_



## *The Journey Begins*

Overcoming failure and putting the past behind us can feel like an insurmountable task. Yet this task is laid before us in hope and confidence in Jesus who gives us true freedom. Do you remember who it was that God called “a man after His own heart”? King David, so much a hero and a legend that it’s easy to elevate him to a myth. But this man was once flesh and blood like us. And like us, he failed. Big time.

David made memorable mistakes: He and his not-so-merry band almost killed a man and the male members of his household over an insult; tens of thousands of Israelites died in a plague that was punishment for David counting his potential army instead of trusting God. Yet we remember David’s worst failure with just two people: Bathsheba and Uriah.

Weaving through the historical accounts, we’ll follow David from temptation and impulsive sin, to denial and cover up, to shame, repentance, grief and recovery. We, too, will follow our failure through five steps:

### **Denial/Ducking, Shame, Repentance, Grief, and Recovery.**

Over the next five days, we are going to walk with David. With detailed biblical accounts and a deeply personal song between a man and his God, we’ll see the story of failure and redemption unfold. David’s failure didn’t define him or decide his destiny with God. David was still known as “a man after God’s own heart.” In following David’s journey, we will gain confidence, gratitude, and joy that after failing, we, like David, will still be called a woman or “man after His own heart.”

**Let’s push on and put the past behind us.**

**Goal:** Overcome shame from failure by working through the five steps of recovery:

- ◆ Denial/Ducking
- ◆ Shame
- ◆ Repentance
- ◆ Grief
- ◆ Recovery

### **How to Use this Devotional & Journal**

- ◆ Dive into the daily devotional and assigned Bible readings
- ◆ Complete self-reflection questions
- ◆ Print out inspirational quote pages
- ◆ Print as many copies of the extra notes page as you need
- ◆ Throw a Goodbye Hello Party when you’re finished
- ◆ Sign your Certificate of Commitment to put the past behind you

# Day 1: A Story of Failure

## Stage: Denial/Ducking

Where is the compassionate, honorable king? Where is the man touched by remorse because he cut off Saul's robe while the king hunted for David's life? Where is the man who welcomed a crippled man to dine permanently at the king's table (2 Samuel 9)?

This unflattering account paints a strong contrast between warrior poet and voyeuristic adulterer. Ouch. We wait for the David we know to remember himself, to remember his God, to overcome lust and remain pure.

**But David failed. We've failed, too. Maybe our failure was sinful, and maybe it was a poor choice that bore painful consequences.**

David was about to make a choice. Until then, he'd tasted little of failure. But now the time was upon him: The moment of failure, the moment of decision – the “before” that changed the “after.”

Everything after this moment would change David's life and the future of his kingdom. David's bitter “after” was set in motion by a single slim moment. Our

“afters” often hang on the thinnest threads, too, don't they?

Re-read 2 Samuel 11: 2b *“And from the roof he saw a woman bathing, and the woman was very beautiful.”*

Living in a palace with high walls and a breathtaking view had its advantages: David could see where perhaps he should not.

Some paintings suggest Bathsheba was bathing on her rooftop, exposing herself to anyone with a higher vantage point. Yet nothing in the biblical text backs up this claim. More likely, David could see down into her house.

This was David's “before” moment: “He saw” and chose not to look away.

**Maybe our failure started with a small error. We “saw” and didn't look away.**

**Or we made a choice with the best information we had but the information we “saw” was inaccurate. It didn't reflect the person we truly were and are.**

We never imagined the consequences of our first small step toward failure.

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Date:

Stage: Denial/Ducking or Confusion

Read: 2 Samuel 11

Notes:

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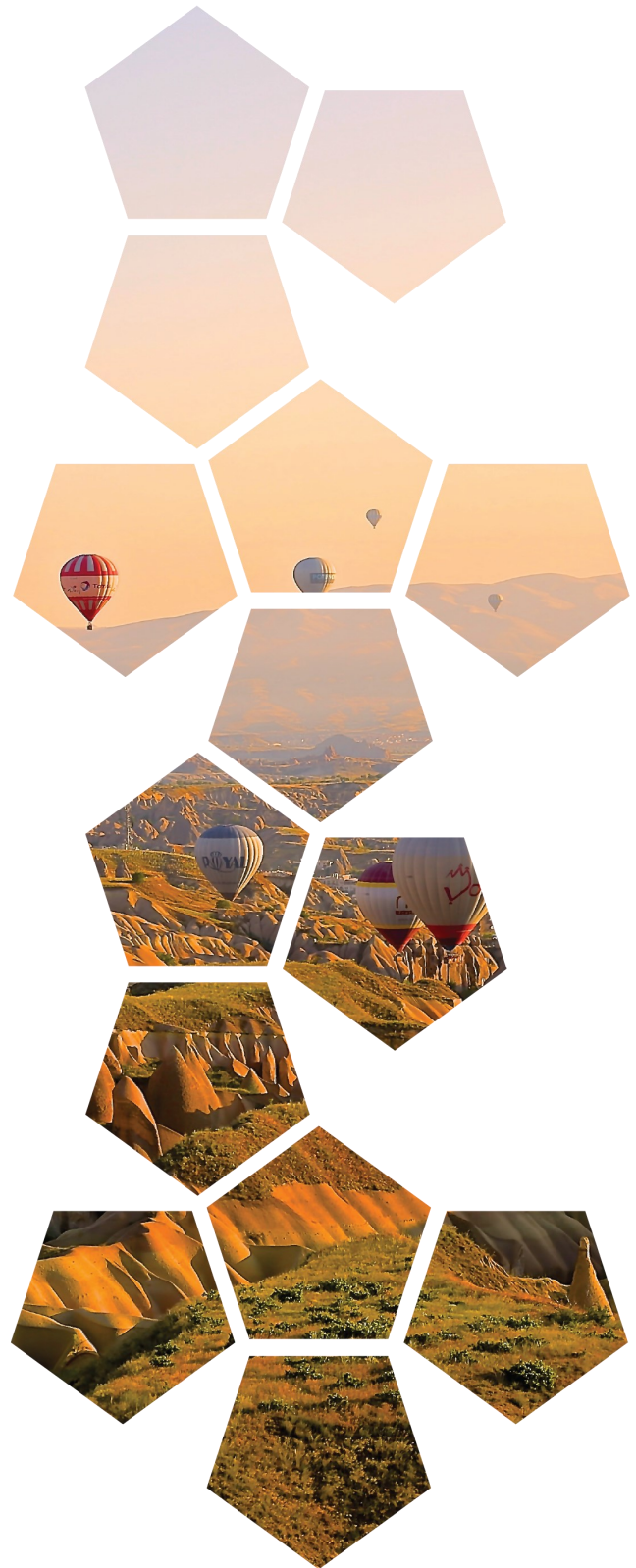
**Reflection:** Think back: What was the moment when you could have made a different decision? Why didn't you? What compelled you to choose that path?





“Success is not final,  
failure is not fatal: it is  
the courage to continue  
that counts.”

*Winston Churchill*



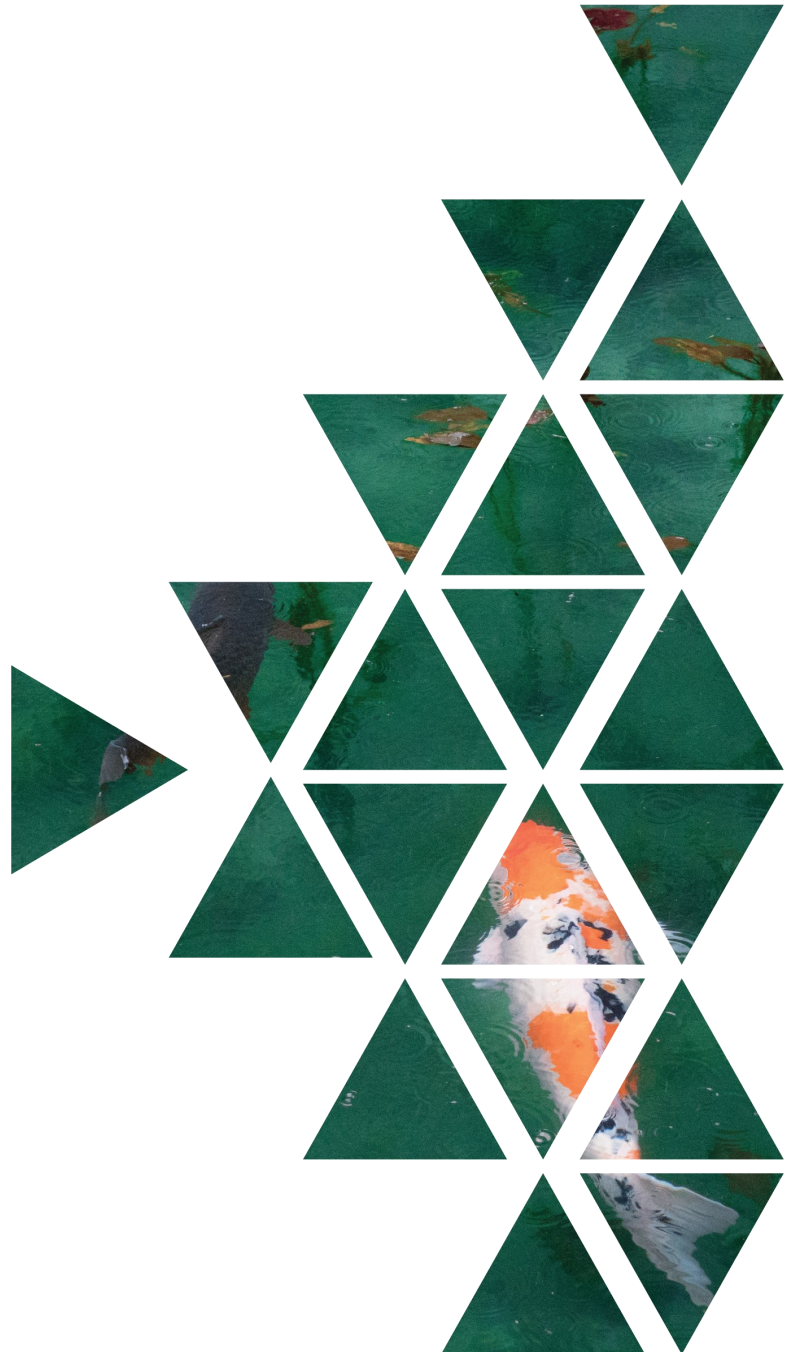






Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

*2 Corinthians 5:17 NKJV*







For you do not desire sacrifice,  
or else I would give it;

You do not delight in burnt  
offering.

The sacrifices of God are a  
broken spirit,

A broken and a contrite heart –

These, O God, You will not  
despise.

*Psalm 51: 16-17*







- **Reflect:** Take stock of where you are in life. Where do you want your life to go? What people can help you grow? What relationship problems are holding you back? What do you keep hearing everywhere and wonder if it's a message for you? What do you want to receive from this grieving process? Besides answering guided questions, give yourself time to free write whatever comes into your mind. Those tangents can lead to trails that follow paths back to your heart.

- **Give yourself hope:** Grief will end. Life goes on, and you're going with it. Ask yourself: what do I want from this pain? What good has already come into my life? How can I use this failure experience to help myself? To serve others? How do I want to feel about myself?

Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. Lamentations 3:22-23 NKJV

- **Throw a party:** After you complete the final step – Recovery – throw a Goodbye Hello Party. How often have we moved into a new season of life, or completed an important life event (graduating from college, first real job, bye bye to bad boyfriend), without saying goodbye? How often have we welcomed new beginning – a baby, a new job, empty nest – without marking the occasion? Now you have permission to say Goodbye and Hello. Have fun!

Our redeeming God wastes nothing. He gathers our failure, like broken shards of clay, and makes beautiful jars that can be filled up with Christ and poured out on other broken hearts.

*Janet Khokhar,  
a redeemed failure*











To the Chief Musician.  
A Psalm of David when Nathan the prophet went to him,  
after he had gone in to Bathsheba.

Have mercy upon me, O God,  
According to Your lovingkindness;  
According to the multitude of Your tender mercies,  
Blot out my transgressions.

Wash me thoroughly from my iniquity,  
And cleanse me from my sin.

## Psalm 51

For I acknowledge my transgressions,  
And my sin is always before me.  
Against You, You only, have I sinned,  
And done this evil in Your sight--  
That You may be found just when You speak,  
And blameless when You judge.

Behold, I was brought forth in iniquity,  
And in sin my mother conceived me.  
Behold, You desire truth in the inward parts,  
And in the hidden part  
You will make me to know wisdom.

Purge me with hyssop, and I shall be clean;  
Wash me, and I shall be whiter than snow.  
Make me hear joy and gladness,  
That the bones You have broken may rejoice.  
Hide Your face from my sins,  
And blot out all my iniquities.

Create in me a clean heart, O God,  
And renew a steadfast spirit within me.  
Do not cast me away from Your presence,  
And do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,  
And uphold me by Your generous Spirit.  
Then I will teach transgressors Your ways,  
And sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God,  
The God of my salvation,  
And my tongue shall sing aloud of Your righteousness.  
O Lord, open my lips,  
And my mouth shall show forth Your praise.  
For You do not desire sacrifice, or else I would give it;  
You do not delight in burnt offering.  
The sacrifices of God are a broken spirit,  
A broken and a contrite heart--  
These, O God, You will not despise.

Do good in Your good pleasure to Zion;  
Build the walls of Jerusalem.  
Then You shall be pleased with the sacrifices of righteousness,  
With burnt offering and whole burnt offering;  
Then they shall offer bulls on Your altar.

# Notes

