



Bible study for the week starting July 19, 2026

SHARE/ACTIVITY

Take a moment and write down the things that weigh heavy on your soul...Past Sins... Current struggles...Failures and mistakes.

Look at that list....crumple it up and hold it in your hand.

Now ask yourself... what is bigger: Your Sin or God's grace?

To signify that you know God's forgiveness is bigger and His grace better...destroy that paper however you see fit. Tear it up.... Burn it (safely)...just get rid of it and know that you are forgiven.

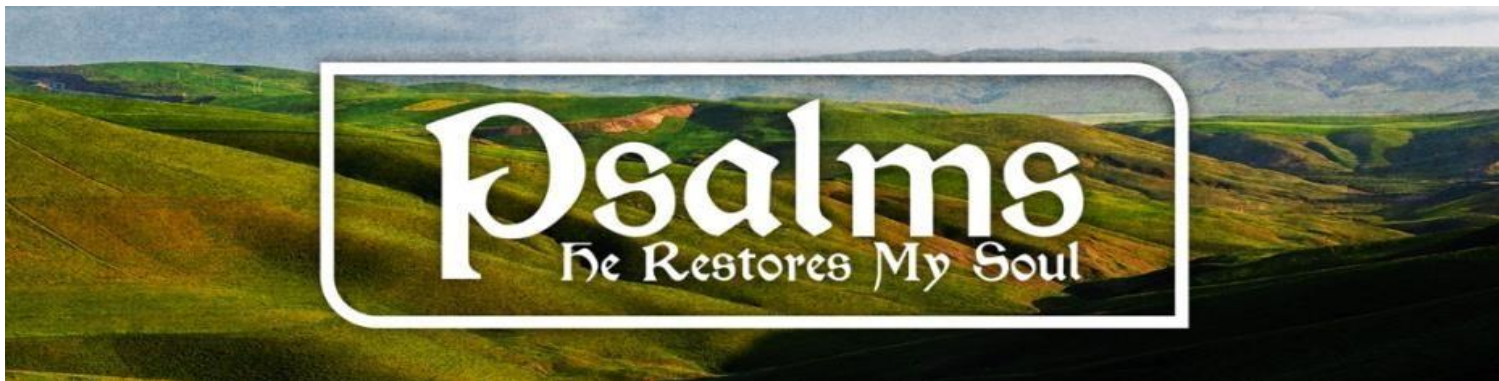
Summer in the Psalms: Be sure to be reading through the Psalms this summer. This week is **Psalms 106-119**

READ/STUDY/DISCUSS

1. Read **Psalms 32:1-11** What words resonate most with you today? When has keeping silent hurt your mind, body and soul? When have you ever felt the physical weight of guilt lifted from your shoulders?
2. Read **Psalms 38 and 51** Why is it important to repent, confess and be contrite regularly?
3. Read **1 John 1:6-2:1** What does it mean to have an advocate when we sin?
4. Read **Luke 17: 1-6** Is forgiveness hard? Is forgiveness important? Whose words are we saying when we are forgiving one another?

PRAY

Pray that we would walk as forgiven and free. Confessing our sins, forgiving our enemies, and clinging to the words of Jesus.



Confession and Forgiveness

Psalm 32, 1 John 1:6-2:1, Luke 17:1-6

July 19, 2026 – Pastor Ben Schrank

“Delight yourself in the Lord and He will give you the DESIRES of your heart.” Psalm 37:4

“Dear friends, I urge you, as foreigners and exiles, to abstain from SINFUL DESIRES, which wage war against your soul.” 1 Peter 2:11

Heart is DECEITFUL. Jer 17:9

Mind is easily CONFUSED. Eph 4:17

Spirit is regularly DISCOURAGED. Ps 42

“YOU are the man” – Prophet Nathan

“Create in me a clean heart, O God and RENEW a right spirit within me.”

Psalm 51:10

“Song of a RANSOMED SOUL rejoicing in the wonders of the grace of God.” – G. Campbell Morgan

1). Sinners SIN

“All have SINNED and fallen short.” Rom 3:23

2). The Savior SAVES

“While we were STILL sinners., Christ died for us.” Rom. 5:8

3). SILENCE crushes our body and soul.

“WRETCHED man that I am!” Rom 7:24

4.) I SAID “I will CONFESS my TRANSGRESSIONS” Ps 32:5

“Spirit of life has set you FREE in Christ Jesus.” Rom 8:2

5.) His STEADFAST love SEES you and SURROUNDS you.

“NOTHING can separate us from the love of Christ.” Rom 8:39

“Delight yourself in the Lord and He will GIVE YOU the desires of your heart.” Psalm 37:4

For Next Week read Psalm 119:97-105