



COMMUNITY Groups

May 28th, 2017: COMING CLEAN

OPENING

- Now that we are four weeks in, how has this series on our hurts, habits, and hang ups been impacting you?

DISCUSS & APPLY

Read Psalm 32:1-5

Approaching the topic

- Three times, this psalm either uses the word (v.2, 5) or the idea (v.4) of “cover”. What happens when we cover up our guilt? What happens when we don’t cover it?
- Verse 2 says blessed is the person who has no deceitfulness in their spirit. Who are we deceiving when we don’t confess?
- Have you ever experienced an apology that didn’t actually include a confession? How did that go? Why do you think we do this sometimes?
- In verse 3, the poet says that though he groaned, he suffered. What is the difference between groaning and confessing? Between complaining and confessing?
- Eric said that feeling guilty is not a bad thing. How can that statement be freeing? Why is that statement important for dealing with guilt?

Make it personal

- What are some ways that we try to deal with feeling guilty? How do you tend to deal with feeling guilty?
- If you got a letter in the mail that said, “All is found out. I’m going to expose you.” How would you respond?
- Talk about a time when you confessed something. What happened? How did it feel? Talk about a time when you didn’t confess something. What happened? How did it feel?
- Have you ever felt like you can’t be forgiven? Read John 1:29 and 1 John 2:2. Is there anything or anyone that can’t be forgiven by God? Reread Psalm 32:5. Then read 1 John 1:8-9. How can these verses give us hope?

Final Application

- In some churches, confession is a part of the worship service every Sunday. Why do you think regular confession is important? What could that look like in your life?
- Do you have someone in your life with whom you can honestly talk about what makes you feel guilty? If not, take the courageous step to meet with someone you trust, confess to them what’s going on, and pray together for forgiveness and freedom.