

**Sermon Notes**  
**March 24/19 – Psalm 32:1-11**  
**Didn't See It Coming 1: Disconnection**

**Summary:** With rapid changes in technology & our fast pace of life, we easily become disconnected from the people around us. Confession helps us to get real with God and ourselves and that can help us to become people of integrity who build rich, full and satisfying relationships with others.

**Core Idea:** Confession is the Conduit to Connection

**Intro:** Realizing I had become disconnected

- A. Disconnection is something that no one expects but everyone \_\_\_\_\_
  - B. Disconnection is a \_\_\_\_\_ problem, not a technological one
  - C. The loss of two good friends
    - 1. The demise of genuine \_\_\_\_\_
    - 2. The \_\_\_\_\_ of confession
- I. **How do we solve the human problem of disconnection?**
- A. The real challenge is not to resist change but to \_\_\_\_\_ in the midst of change.
  - B. Confession as a Conduit to Connection
    - 1. Stop \_\_\_\_\_ & start taking responsibility
      - a. Excuses – past \_\_\_\_\_

- b. Reasons – present circumstances beyond our \_\_\_\_\_
  - c. Justifications – “I can’t because…”
  - d. Explanations – “Why can’t I?”
- 2. Thomas Edison
  - 3. Confession is God’s \_\_\_\_\_ to us
  - 4. You get to choose
    - a. J\_\_\_\_\_ that leads to stagnation
    - b. E\_\_\_\_\_ that can lead to transformation
    - c. We can either make excuses or progress, but not both

**II. Confession**

- A. What is confession?
  - 1. Accurately describing things as they really \_\_\_\_\_ (agreeing with reality)
  - 2. Agreeing with the reality that we \_\_\_\_\_
  - 3. Agreeing with the reality that we need someone to \_\_\_\_\_ us from our sin
- B. How do we confess? (Psalm 32)
  - 1. Acknowledging what we do & how we do it
    - a. Disobedience: breaching \_\_\_\_\_
    - b. Sin: missing the mark, falling \_\_\_\_\_
    - c. Guilt: being twisted or \_\_\_\_\_

2. Anticipating God's forgiveness
  - a. He forgives: lifts up & \_\_\_\_\_ away our relational breaches
  - b. He covers: conceals, \_\_\_\_\_ all the times we miss the mark
  - c. He does not \_\_\_\_\_ our twisted past & twisted heart against us
3. Accepting the foundation of our forgiveness: Jesus
  - a. Sent by the Father to \_\_\_\_\_ us
  - b. Became fully human like us
  - c. Took away from us all our relational breaches on the \_\_\_\_\_
  - d. Lived a pure, sinless human life and his goodness, purity & rightness \_\_\_\_\_ over all the times we fall short
  - e. Because of Jesus' sacrifice on the cross, God the Father does not count our \_\_\_\_\_ against us.

C. The result of confession

1. Before confession (vv. 3-4)
2. During confession (v. 5)
3. After confession (vv. 2, 6-7, 11)

**III. Application: Wake up & confess** (vv. 8-10)

- A. How bad does our present life have to get before we wake up & see
  1. That God the Father has already sent a \_\_\_\_\_

2. That Jesus has already paid the full cost of our \_\_\_\_\_
3. That the Holy Spirit is waiting to cleanse & \_\_\_\_\_ our twisted inner parts

B. Our ongoing practice of confession

1. will bless others
2. will help us to be new, free people of \_\_\_\_\_

C. Imagine what it would be like if everyone in our church continually confessed our sins to God & each other

1. T\_\_\_\_\_, honesty & authenticity
2. We would be a community of \_\_\_\_\_ & hope
3. We would have a network of \_\_\_\_\_ relationships & faith-filled families

**Conclusion** - Today's action step: Slow Down

- A. Action step: Slow Down
- B. Dallas Willard: "You must ruthlessly eliminate hurry from your life."
- C. Slow down & connect
  1. With others
  2. With God
  3. With yourself