

Life Group STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER

SUNDAY MESSAGE REVIEW

NOTE to the Life Group Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

SUMMER IN THE PSALMS

“Psalms 32 & 51: Forgiveness”

July 16, 2017

Psalm 51 was written during the anguish of guilt

Psalm 32 was written after forgiveness was found

1. What does guilt do to us?

- Feel dirty (51:2)
- Can't get it out of your head (51:3)
- Know you've offended God (51:4)
- Steals your joy (51:8)
- Heart corrupted (51:10)
- Feel far from God (51:11)
- Lose willingness to do the right thing (51:12)
- Don't feel right in worship (51:15)
- Feel miserable (32:3)
- Drains your energy (32:4)

2. What do we do with guilt?

- We bury it
 - We minimize.
 - We rationalize.
 - We compromise.
- We blame others.
- We beat ourselves up.

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long... My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide them. And you forgave me! All my guilt is gone.” Psalm 32:3-5 (NLT)

David was trying to cover his tracks.

God wanted to cover his sins.

3. What should we do with our guilt?

- Admit it.
- Live in God's forgiveness.

What God does with our sin when we come to Him:

- He puts them out of sight

"You have put all my sins behind your back."

Isaiah 38:17 (NIV)

- He puts them out of reach

"You will throw away all our sins into the deepest part of the sea!"

Micah 7:19 (NLT)

- He puts them out of mind

"I will remember their sins no more."

Jeremiah 31:34 (KJV)

"He personally carried the load of our sins in his own body when he died on the cross so that we can be finished with sin and live a good life from now on. For his wounds have healed ours!"

1 Peter 2:24 (TLB)

"Christ sacrificed His life's blood to set us free, which means that our sins are now forgiven. Christ did this because of God's amazing grace."

Ephesians 1:7 (CEV)

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

1 John 1:9 (NIV)