



Week 4- “The Freedom and Joy of Confession”

In this series we will go on a journey experiencing the Psalms. The Psalms offers not just a practical, theological journey but also an experiential journey through poems and songs. The Psalms invite us to experience humanity in an honest and real way. In this week’s message we explore Psalm 32 and discover a freedom and joy that comes when we experience it.

Read Psalm 32

1. What do you think it practically means to experience this Psalm?
2. What is it in you that feels the need to keep parts of you hidden?
3. Do you live hidden? If so, what emotions do you feel when you think about being known?
4. What do you think will happen if the hidden parts were known and seen?
5. Do you struggle to confess? Why or why not?

Read Romans 4:6-8

6. What does it say about God that he doesn’t count what we have done against you?
7. Are you able to trust that this is true about God? Why or why not?
7. What does it practically look like to allow Christ to be your hiding place?

8. Have you discovered the blessedness, Freedom, the Joy of Confession and Forgiveness? If so, can you share more about that? If not, how can this group help you discover more about the power of the Cross?

On the cross Jesus was uncovered, humiliated, exposes so that we ultimately could be covered by His righteousness. When we trust in what He has done for us on the cross our sins are no longer counted against us, and He becomes our refuge and hiding place. As we uncover ourselves through confession, God covers us with His forgiveness, and we experience freedom and joy in being known and loved by Him.