



Faith Community Church
Confession
(Psalms, Part 11)

Faith Group Questions
& Discussion Guide



🙏 **Opening Prayer:** Father, dig into our hearts as we discuss sin and how it hurts us and our relationships with You and others. Help us to draw near to You, even with our faults, and find Your forgiveness.



Icebreaker: What is a lighthearted secret, obsession, or hidden habit from your past (or present) that you're comfortable sharing with the group—like a secret snack stash, a bad TV show guilty pleasure, or a weird childhood obsession?



Key Points

1. **Sin's Toll.** Unconfessed sin carries a heavy hidden toll. Trying to cover up our own mistakes drains us spiritually, emotionally, and physically. But letting God cover our sins brings relief and joy.
2. **Confession is agreeing with God:** Confession isn't giving God new information; it is dropping our excuses, looking at His standards, and calling sin what He calls it.
3. **Ownership:** God cannot heal the excuses we make—He can only heal the sin we own by taking responsibility without playing the victim card.
4. **Jesus is our mediator:** Because of the cross, we don't need human go-betweens to receive full pardon. We can bring our brokenness straight to Jesus, step into the light, and turn toward His grace.
5. **Confession should lead to repentance.** Feeling guilty and confessing sins are just first steps. We must turn away from those sins and walk in righteousness.



Discussion Questions

1. Did you establish a daily truth habit, share your faith story, or fix a battle focus?
2. In Psalm 38:1-10 & 32:3-4 David describes his physical pain when he kept silent over sin. Why does harboring unconfessed sin take such a toll on our overall well-being?
3. How would you explain the difference between a person trying to *cover up* their sin and God *covering over* their sin? (2 Samuel 11:1-8, 14-15, 2 Samuel 12:13)

4. What makes it so difficult for human nature to drop the "blame game" and take full ownership of our choices? (James 4:7-12)
5. In what ways do our culture and society encourage us to redefine sin rather than simply "agreeing with God" about it? (2 Peter 2:18-22)
6. Read **1 Timothy 2:5 & Hebrews 4:14-16**. How does knowing that Jesus is our direct, sympathetic mediator change how approachable God feels when we fail?
7. The sermon mentioned that "sin thrives in the darkness." What prevents us from stepping out of the shadows, and how does bringing sin into the light shatter the power of shame? (1 John 1:5-10, John 3:19-21)
8. How does true repentance—changing the direction of our hearts—differ from simply feeling guilty or promising to "do better"? (Hebrews 3:7-15, Ezekiel 18:30-32)



Practical Applications

1. **Personal Heart Audit:** Set aside 10 minutes this week in silent prayer with Psalm 32, asking the Holy Spirit to reveal any unconfessed sin, lingering excuses, or hidden bitterness that you need to take straight to Jesus.
2. **"Excuse-Free" Ownership:** The next time a conflict arises or you make a mistake at home or work, practice taking immediate, full responsibility without using the word "but" or shifting blame.
3. **Establish an Accountability Connection:** Reach out to a trusted Christian friend, spouse, or fellow group member to share a burden or struggle you've been holding onto, bringing it out of the dark and into the light for prayer and support.



Closing Prayer: Lord Jesus, You came to earth and suffered so that we wouldn't have to bear the weight of sin. Help us to walk this week in Your light, agreeing, owning, and turning from our sin, and receiving Your abundant forgiveness. Amen.