



May 17, 2020

Psalm 32

1. Mark described confession this week being like the flood gate of a dam. When we hold back confessing our sin, the flood gate is closed, and the pressure is built up. But When we confess our sin, the flood gate is open, and the tension in our souls is relieved. This is because when we confess our sin, the greatest blessing we receive is forgiveness for those in Christ (1 John 1:9). What blessings have you received from repenting and receiving God's forgiveness for sin in your life? (i.e., restored relationships, health, prevented disaster, freedom from shame and guilt)
2. As sinners, we tend to cover our sin because of the fear of exposure. The way we try to hide our sin happens in many ways. One common method we use is distraction. Identify common ways you may try to distract yourself as a way to deal with sin? Does the method you chose truly help? (etc. Netflix, golf, shopping)
3. Not only do we use the method of distraction, but we can also justify our sin as a way of covering it up. We can justify lying, gossiping, slander, extramarital affairs, racism, anger, etc. Has there been a time in your life where you tried to justify your sin instead of dealing with the real issue? How did it turn out? Did it make the problem worse?

4. God says, "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you" Psalm 32:8. Identify a time in your life where you relied on God's counsel and instruction. Was it from another person's experience? His word? How did this instruction save you or help you? How can you pass this instruction onto the next generation?
5. Mark said, "The most fulfilled person is a forgiven person." What does this mean to you? Since Jesus Christ has fully forgiven us, how has this joy changed your life? Do you love much or love little? (Luke 7)
6. In the sermon this week, Mark tells a story about a man who confessed his hidden sin after being on the run for 20 years. The reason for his confession was because of inexpressible guilt. David describes this feeling in verse 4, "For day and night, your hand was heavy upon me; my strength was dried up as by the heat of summer." Have everyone take three minutes of silence to address what may be on their minds, confess to God, and seek forgiveness. IF the group feels comfortable, people may share with one another and pray. You also have the opportunity to share with someone offline.
7. David says, "I acknowledge my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin." When we understand God's holiness and power, it can be intimidating to come to Him and confess our iniquity. What does this verse say about God? How does it make you feel that God wants us to be brutally honest with him?