**“I CONFESS…”**

**Psalm 32:1-11**

***Sermon Review***

*What was the Main Point of the Sermon from Sunday?*

*What part of the Sermon did you find to be the most beneficial?*

***SMALL GROUP LESSON***

* 1. What feelings do you associate with repentance?
  2. What’s something you got blamed for (*that you did not do)* when you were a kid?

**Psalm 32:1-11 (NLT2)**   
1  Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!   
2  Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!   
3  When I refused to confess my sin, my body wasted away, and I groaned all day long.   
4  Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude   
5  Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. Interlude   
6  Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment.   
7  For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude   
8  The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.   
9  Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.”   
10  Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD.   
11  So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!

***EXPLORE***

* + 1. What joyful proclamation opens this psalm? ([32:1-2](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A1-2))
    2. How did David feel when he had unconfessed sin in his life? ([32:3-4](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A3-4))

* + 1. What did David experience after he confessed his sin to God? ([32:5](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A5))

* + 1. What conclusion did David draw from his experience? ([32:6-7](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A6-7))
    2. What specific advice does this psalm offer to God’s people? ([32:8-11](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A8-11))
    3. What promise did David offer to those who trust in the Lord? ([32:10](http://www.crossbooks.com/verse.asp?ref=Ps+32%3A10))

***APPLY***

* 1. What kinds of things prevent us from confessing known sin in our lives?

* 1. Why do you think we are sometimes hesitant to repent of sin, even when we know God will forgive us?
  2. Why should we confess our sins to God?

* 1. How do you feel when you have unconfessed sin in your life?

* 1. What has motivated you in the past to repent of selfish behaviors or attitudes?

* 1. When have you ever felt the "heavy hand" of the Lord on you?

* 1. How does God’s faithfulness in forgiving us encourage you for the future?

**Additional Thoughts:**

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