



## Psalm 32

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### **Main Idea: Confession Leads to Life**

1. Kevin said, *“To assume a belief in our ability to be limitless is to seek to take on, not a human quality, but a godly one. One that we cannot assume because we are in fact not God.”* Which of these areas resonate as areas in our lives where we fail to understand our limitations and why we have become exhausted.
  - A. Time - When we refuse to build our lives on a habit of regular rest and work we are seeking to transcend our limits
  - B. Consumption, Work, and Economics - This taps preys on the endless well of human desires and distorts our desire for an infinite God toward a desire toward things
  - C. Social Life - Social environments that are built on the assumption that you can experience everything without missing out on anything.

2. Read Genesis 2:16-17; Genesis 3:1-5, 19. How do these verses reinforce the message of Lent as a season to repentance, self-denial, and limitation?

Psalm 32 is a Psalm of Confession and a great way to remind us of our limitations

3. Read verses 1-2. What do these verses say about the magnitude of God’s forgiveness and the reason the penitent should feel joy?

4. Read verses 3-4. Why does the route of silence do good?
5. Read verse 5. What does this verse tell us about the power of confession and the joy of immediate forgiveness?
6. Read verses 6-7. How does moving from sin via confession lead us to God and God's protection?
7. Read verses 8-11. What should change in your life for you to embrace the lessons God wants to teach you about "His Way" in the world?
8. At the center of the practice of confession is the work of God to bring about the healing and restoration of the cross. It was on the cross that Jesus absorbed the death and brokenness of the world and our own sinfulness. Discuss the following quote:

*"Without this cross and the work of Jesus, confession would merely be a therapeutic release. But the Christian act of confession is far more! It involves actual change in our relationship with God and that change is in us. It is a means of healing and transforming the inner spirit."*

9. Learn to confess by practicing confession. Consider asking your group members to explore confession more deeply on their own this week. Then when you come back together, discuss your experiences and share what you learned.

Final Inspiration: *"Confession is a process whereby the Holy Spirit opens my heart to what is true about me. This is not the same thing as a neurotic shame-inducing inventory. Instead it is a way of opening myself to God within the safety of divine love so I can authentically seek transformation. Confession embraces Christ's gift of forgiveness and restoration while setting us on the path to renewal and change."*  
Adele Calhoun