

Small Group Resource Guide

September 16, 2020

OPEN IN PRAYER

START VIDEO

GROUP TIME:

- **Personal Reflection:** In light of what we have read in Psalm 32, take 5 minutes to journal in your notebook about a time when you had specific, unconfessed sin in your life. How did you feel? Or how do you feel if there is unconfessed sin in the present? Were/Are there physical or emotional effects of hiding your sin? Describe what that felt like to your spirit. How did you find relief? Did you?

RETURN TO VIDEO: *Instructions for Exploration.*

- **Exploration:** Divide your small group into two groups. Reread Psalm 32.
- Group A: underline images used to express the experience and character traits of the person with unconfessed/unresolved sin.
- Group B: circle verbs describing the experience and character traits of the righteous person (confessed sin).
- Both groups should feel free to add descriptive language other than images or verbs if you notice something.
 - Create a chart to contrast the two experiences below:

Those With Unconfessed Sin	The Righteous

- **Discuss** your findings and how the two experiences differ from one another. Do any of the images or verbs resonate with you? Why/why not?
- As a group, look for attributes (or concepts of attributes) of God in Psalm 32 and mark them in the text. Which attributes did you notice? What do these characteristics reveal about how God relates to the righteous person?

RETURN TO VIDEO: *Instructions for “shift”*

- Read through the Psalm once more. Where do you see a shift(s) or change of direction in the text? What kind of shift(s) is he making (*from* what *to* what)? Considering this, what concept(s) might the Holy Spirit through David be communicating to the people of Israel singing or reading this Psalm?

VIDEO WRAP-UP

APPLICATION QUESTIONS: *Facilitators, feel free to choose questions that fit the group best.*

- Do you ever feel like that stubborn mule? Do barriers/hardnesses exist in your heart that keep you from acknowledging your sin to the Lord? What are some of these?
- A lot of times we act like guilt is all bad. How might some level of guilt operate as a good thing in your life?
- Do you ever struggle with believing the lie that “if my good outweighs my bad then I’m okay with God?” How does Psalm 32 explode this lie?
- Have you experienced the blessedness and freedom that results from coming out of hiding and confessing/”exposing” your sin to God? How has this impacted you?

PRAYER REQUESTS/FELLOWSHIP

FOR FURTHER STUDY THIS WEEK: *IF you desire*

- **Share:** Pair up with someone from your group and read Psalm 32 every day. Text one other each day and share 1 thing that stood out to you from the Psalm.
- **Reflect:** Take 10 minutes and rewrite Psalm 32 in your own words.
- **Encouragement:** Check out Romans 4 (v. 4-8 Paul cites Psalm 32 and explains the meaning), Proverbs 28:13, 1 John 1:9, and Revelation 3:14-22.
- **Examine:** Journal-- Is there sin in your life that you need to confess? Don’t wait until you “clean up your act”. Bring it to Jesus today and receive His covering.