



Life Group Discussion Guide

The Practices of Grace

Confessing – Psalm 32

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Main thought:

The practice of confession is key to experiencing freedom from guilt and experiencing God's protection, love, and joy.

Sermon Notes:

What happens when I confess?

Blessing of forgiveness (vv.1-2)

What happens if I don't confess?

Burden of un-confessed sin (vv.3-4)

How do I confess?

Breaking the bond of guilt (v.5)

When should you confess?

Be quick to confess in prayer (vv.6-7)

What does God do for the person who confesses?

Becoming someone God can use (vv.8-10)

Why is it that we can confess and be sure that God can be counted on to forgive?

We can rejoice all **because** of God's grace. (vv.10-11)

Welcome and Fellowship Time (suggested time 10 min)

Open in Prayer

Ice-Breaker (suggested sharing time 5-10 min)

- What is one of your biggest pet peeves?

Verse of the week (suggested sharing time 5min)

- What is a verse or truth from God's Word that stood out to you this week from your own personal Bible reading?

Digging In (suggested time 15 min)

Read or recap Psalm 32, and discuss the following questions.

- What stood out to you from this passage or message?
- What is the backstory of this Psalm? Why the backstory helpful when it comes to our own lives? When it comes to the subject of confession?



- Can you express how you've felt the blessing of forgiveness through confession?
- Would you agree that un-confessed sin is a burden? Express the weight of un-confessed sin in your own words?
- This passage teaches us how to confess. What did this passage teach you confession is? What confession it not?
- Does confession take away the consequences? What is the benefit?
- Why is confession a practice of grace? What keeps us from confessing our sins to God?

Application (suggested time 10 minutes)

- What application or take away did you most need to hear and apply this week from this passage?

Prayer (suggested time 10 minutes)