

BLESSED ARE THE FORGIVEN

Psalm 32

A Maskil of David.

- ¹Blessed is the one whose transgression is forgiven,
whose sin is covered.
- ²Blessed is the man against whom the LORD counts no iniquity,
and in whose spirit there is no deceit.
- ³For when I kept silent, my bones wasted away
through my groaning all day long.
- ⁴For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. *Selah*
- ⁵I acknowledged 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. *Selah*
- ⁶Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.’
- ⁷You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. *Selah*
- ⁸I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
- ⁹Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.
- ¹⁰Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the LORD.
- ¹¹Be glad in the LORD, and rejoice, O righteous,
and shout for joy, all you upright in heart!

WELCOME: *Fixing Our Focus*

Allot a time of silence for each member of the group to reflect on sins in their lives that they need to confess to God. Give them a piece of paper where they can write these down and tell them to fold them afterwards. Prepare a candle and let them burn the paper and throw it in a can. Tell them to pray silently and ask for God's forgiveness while the paper is burning. When all are done, ask each member how it felt to be able to confess their sins to God.

WORSHIP: *Adoring Our God*

Suggested songs:

Jesus Paid It All by Elvina Hall

You are My King (Amazing Love) by Billy James Foote

WORD: *Understanding the Word*

Lesson Aim: Members will choose to make confession of sin a vital part of their daily prayers. In addition, they enter into an accountability relationship with others.

Leader: Read aloud the passage then give time for the members to read it again on their own and underline words and ideas that might be helpful for them to better understand the psalm. You might also want to give them a few more minutes to write down their own question/s about the psalm.

Introduction

Confession of sin is something we are not ecstatic about, whether it's our own or someone else's. Sadly, many Christians have turned into believing that our sin is a private thing; there's no need to talk about it. This mindset gives way to the danger of not confessing our sins to God himself at all and possibly the need to put up a façade before our own Christian communities that we're doing just fine, even if we're not.

Psalm 32 talks exactly about the opposite of that perspective. This psalm teaches us to put our lives in tune with God by confessing our sins. This leads to deliverance, blessedness, and rejoicing with a community which the psalmist testifies of.

Leader: Lead in reading Psalm 32 aloud together. Then read the paragraph on the "Key Verse."

Key Verse: The psalm begins with "Blessed is the one whose transgression

is forgiven” (*v. 1*) that sets the tone of the whole psalm. It emphasized that God’s forgiveness of man’s sin is a great thing to be thankful for because that leads to a closer relationship with God and, in turn, godly living.

Psalm 32:1-7. Theme: _____

1. According to the psalmist, who is the one considered blessed? Why?

2. How are these words different from and similar to each other?

Transgression

Sin

Iniquity

What is the significance of the psalmist using these three different words? How does this help him see his blessedness?

3. According to verses 3-4, what did David refuse to do? What could be possible reasons for this refusal?

4. What were the consequences of such refusal? How did he describe his experience of God’s judgment?

5. Read verse 5. David described owning up to his sin in three ways. List these three ways.

6. How did God respond to David (*v. 5*)?

7. Differentiate the contrasting attitudes and actions of the same person described in verses 4 and 6.

8. Earlier, David regarded God as a judge. Now that he had been forgiven of his sins, how does he regard God (v. 7)? Explain the word pictures that he used.

In the space above, write what you think is the theme of verses 1-7.

Psalm 32:8-11. Theme: _____

9. What are the things God is able and promises to do for those who humble themselves before him (v. 8)?

10. Why does God discourage people to be like a horse or a mule (v. 9)? How does this relate to verse 10?

11. Differentiate between the experiences of the wicked and those who trust in the Lord (vv. 10-11).

12. Who are the *righteous* and the *upright in heart* according to this psalm? Why are they able to be glad and rejoice?

13. Summarize the psalm by stating the result of confessing one's sin and receiving forgiveness for it.

In the space above, write what you think is the theme of verses 8-11.

WALK: *Applying the Word*

Questions for Adults

1. Think of how your prayer life looks like. How often do you include confession in your daily prayer? Why?
2. Public confession or confessing sins to one another has become a taboo among Christians. We generally think that it's a private matter that we should not bother telling another Christian or making them share with us. Though there are some other factors preventing individuals from confessing their sins to one another, we see clearly from the psalm how David has done it to exhort others to have the sense of urgency to confess their sins to God that they might be restored to him.
 - a. What "private" sin/s do you need to confess to your Growth Group or a trusted accountability partner? Commit to confess them during this week.
 - b. In what practical ways can you help your Growth Group become a safe and healthy space in which your members can be transparent to share about their struggles against sin? How can you keep each other accountable?
3. Consider adopting this list of Accountability Questions from Pastor Chuck Swindoll. Choose what is appropriate to your situation in life.
 - Have you been with a man/woman anywhere this past week that might be seen as compromising?
 - Have any of your financial dealings lacked integrity?
 - Have you exposed yourself to any sexually explicit material?
 - Have you spent adequate time in Bible study and prayer?
 - Have you given priority time to your family?
 - Have you fulfilled the mandates of your calling?
 - Have you just lied to me?
4. Pray for GCF (Prayer requests supplied by the Leader).

Questions for the Youth

1. Sin cannot be kept a secret forever. Sooner or later, it would be exposed. Just like a tree, it may appear strong and healthy, until a storm passes and it collapses because it has become rotten from the inside. Do you have any unconfessed sins? What is keeping you from confessing?
2. Having an accountability partner or group, among whom you can safely and openly share your struggles with each other, can help you stay away from sin. Is your group acting as such? If not, what can your group do to make it a safe place to openly share struggles with each other?
3. Make it a habit to confess your sins to God whenever you pray. Don't wait for sin to grow and eat you up from inside before confessing it.

Questions for Children

1. Only God can forgive sins. What will God do to those who trust and obey him? What about those who do not?
2. In this psalm, we learn that we should confess our sins to God. What are some things that prevent you from confessing? List them down.
3. God hates sin. Did you do anything this past week that was not right in the sight of God? Confess your sins to the group. Pray together for God's forgiveness.