

Strength for the Journey

February 19, 2012 – CD 1208

Confession

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“Guard your heart above all else, for it determines the course of your life.”
Proverbs 4:23 (NLT)

“If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”

1 John 1:8–9 (NLT)

Coming out of _____.

“Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 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.”

Psalms 32:1–5 (NLT)

Changing my _____.

“People who conceal their sins will not prosper, but if they *confess and turn from them, they will receive mercy.*”

Proverbs 28:13 (NLT)

Confessing in _____.

“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”

James 5:16 (NLT)

Small Groups Questions – Week 7

1. Would you consider yourself a private person, or more open? Explain.
2. Describe a time from your youth when you got caught doing something wrong. What were the consequences?
3. Take turns reading all of Psalm 32. What is the source of joy or blessing in this Psalm? How does it compare with Psalm 1:1–2?
4. What kind of hiding do you see David doing in verses 3 and 4? Have you ever experienced this?
5. In verse 5, David comes out of hiding. What is the result?
6. What is David’s point in verse 9?
7. Paul quotes this psalm in Romans 4:4–8. What point is Paul trying to prove using this psalm?
8. Have someone read 1 John 1:5–10. How is darkness related to our lack of confession? What allows us to walk in the light?
9. What is the promise that John outlines concerning our confession of sin?
10. How does confessing sin to another human being help with the process of healing (see James 5:16)?
11. How could you grow in the area of confession, making it a regular part of your life?
12. In what ways could your small group help with this? Pray for one another.