



Sick of Being Silent

Discussion Guide | August 4, 2019

Psalm 32:1-11

Questions for Study and Discussion

**Before you begin, please read Psalm 32:1-11 as a group.

1. Share a light story about a time when you did something wrong and tried to cover it up. Why did you try and cover things up the way you did? What steps did you take? How did it turn out?
2. Review Psalm 32. How would you summarize the “big idea” of this psalm in 1-2 sentences?
3. “There are consequences to sin, but even greater consequences to remaining silent.” Reflect more deeply on this statement by answering the questions below:
 - As a group, work together to create a short definition of sin.
 - What does it mean that there are consequences to our sin?
 - How are the consequences of remaining silent about sin – ignoring our sin, or covering it up – greater than dealing with our sin the right way?
 - Look closely at verses 3-4. What “greater consequences” has David (the author of this psalm) experienced when he’s remained silent about his sin?
 - Share any ways you can relate to what David is expressing here.
4. Read Psalm 32:5. What do you learn here about the RIGHT way to respond to sin?
5. Now read Psalm 32:1-2. Make a list of the different ways David describes forgiveness. Does any one of these stand out to you in a fresh way? Why?
6. Read the following passages of Scripture. After each, share how it reinforces or adds to what you’ve seen in Psalm 32.
 - 1 John 1:9
 - Proverbs 28:13
7. In what ways does the work of Jesus Christ on the cross offer assurance of forgiveness? How does the truth of the gospel invite confession?
8. Review Psalm 32 as a whole one more time. What big take-aways are you leaving with? What is one practical way the message of this psalm will influence your life this coming week – how are you being called to action?
9. **Challenge: Memorize Proverbs 28:13:** “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”