



Week 2

Text: Psalm 32

Topic: Spiritual Disciplines, Confession

Big Idea of the Message: A blessed life is a life of confession.

Application Point: We must distinguish between grief and self-pity, change perspectives, take responsibility, and change our hiding place to Jesus.

Discussion Questions:

1. What is one thing that stood out to you from this week's message?
2. Why is confession so important?
3. Why do you think practicing confession is such a hard thing to do? What are the things that keep you from confessing your struggles and failures (sins)?
4. Do you think you take your sins too seriously, too lightly, or do you feel you have a proper perspective on it?
5. Read 1 John 1:5-10. What are the benefits of confession? What are the consequences of no confession?