

Confess (Your Sins) Small Group Guide

Warm-up Question: (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What was something you kept secret as a child?
2. Do you know any other languages?

Read the following passage: Psalm 32.

Questions for Discussion (Choose several that are relevant for your group):

1. The first word in this psalm is typically translated as “Blessed,” or (perhaps even more accurately), “Happy.” In what sense is it appropriate to pursue our own happiness? Can you think of things you have pursued in an effort to be happy that did not produce that result? Explain.
2. At the beginning of *Confessions*, St. Augustine’s most famous work, he writes, “You have made us for yourself, O Lord, and our heart is restless until it rests in you.” What is Augustine getting at with this statement? What are some things we often long for that can best be satisfied in God?
3. Why do you think the crowds flocked to Jesus? What do you think they felt when they were around Him? Do you think the people who spent time with Jesus during His earthly ministry would have described themselves as being happy when they were with Him? Explain.
4. Do you agree with the following statement? “The ultimate tragedy is being separated from God because of our sin.” Explain.
5. What was the psalmist feeling and experiencing before confessing his sin? Why is confessing our sin a big deal? What are some of the ways unconfessed sin might affect our lives? Explain the relevance of Proverbs 28:1. Do you think there is a connection between an individual having unconfessed sin and his unwillingness to talk with other people about Jesus? Explain.
6. Read through Psalm 32 and describe some of the benefits that result when we confess our sins.
7. Read 1 John 1:8-9. What is God’s promise to us when we confess our sins?
8. Read James 5:16. Why do you think we are often hesitant to confess our sins to another person? What might help us overcome these obstacles?

9. Take a few minutes to confess your sin to a trustworthy person in your small group.

Pray