

## THE DISCIPLINE OF CONFESSION

*Psalm 32:1-11*

### MAIN IDEAS FROM THIS WEEK

1. DISTINGUISH BETWEEN TRUE AND FALSE GUILT
2. DISTINGUISH BETWEEN GRIEF AND SELF-PITY
3. CHANGE PERSPECTIVES
4. TAKE FULL RESPONSIBILITY
5. MAKE JESUS YOUR HIDING PLACE

### DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. What comes to your mind when you think of confession? What has your personal experience with confession been like?
3. One of the first things we need to do when practicing confession is to distinguish between true and false guilt. This is not a simple task. What are some practical approaches we can use when trying to separate true and false guilt?
4. Are you good at taking the time to see things from other people's perspective when you've wronged or offended them? If yes, how do you do it? If no, what can you try in order to improve in this area?
5. Confession can be a horrifying thing. What scares you most about confessing your sin to other people? What are some reasons it's worth pushing through that fear?
6. **OPEN DISCUSSION:** Have a group discussion around the feeling and effects of guilt. You can talk about how you respond to your own sin, what you do to distinguish between true and false guilt and what role confession plays in dealing with guilt.
7. At the end of the message this week, Pastor Ryan left us all with this question: ***What are you concealing that you need to begin confessing?*** Set aside time to think about this question, pray for courage and then reach out to either a trusted friend or the person you've wronged and confess without caveat or excuse.

**A TRUTH TO TAKE WITH YOU:** The more you understand how accepted and loved you are by God, because of Jesus, the freer you are to admit how far you still need to go.