

# Habits

ANCIENT PRACTICES FOR TODAY'S WORLD

## OPENING UP



Share about your experience with confession, both to God and trusted friends. How much is confession a part of your life?

## TEXT



### Confession: The Good of Giving Up | Psalm 32

<sup>16</sup>"Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. <sup>3</sup> For when I kept silent, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah <sup>5</sup> I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah <sup>6</sup> Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. <sup>7</sup> You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah <sup>8</sup> I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. <sup>9</sup> Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. <sup>10</sup> Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD. <sup>11</sup> Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

## MESSAGE OUTLINE



**Big Idea: When we uncover our sin in confession, God covers our sin with forgiveness.**

1. Confession separates us from the oppression of covered sin (vv. 1-5)
2. Confession secures us in the protection of God (vv. 6-7)
3. Confession surrounds us in the steadfast love of God (vv. 8-11)

## DISCUSSION QUESTIONS



- How have you experienced or practiced confession of sin before?
- Why is hiding (or covering) our sin something that is oppressive and burdensome to us?
- How is God's fatherly discipline a help to bring us to confession?
- What is it about confession that unlocks God's forgiveness in our lives?
- How does David describe our instruct us to confess our sins (vv. 6; 8-9)?
- What attributes of God can we bank on when we confess our sins to him?
- What feelings does David suggest we should experience when we confess our sins? How does that motivate us to take our transgressions to God?

## CHALLENGE



Spend some time each day in prayer by confessing your sins to God. Declare to him your failure to love him and love others. Open your heart about your sins and ask for his forgiveness.

Confess your sins with other believers. Share with two or three other close and trusted Christians where you are struggling in sin and name them (James 5:16). Remind each other of the good news of Jesus' sacrifice to forgive our sins and pronounce the blessing of forgiveness to each other (1 John 1:9)

## PRAYER



Almighty and most merciful Father,  
we have erred and strayed from your ways like lost sheep.  
We have followed too much the devices and desires of our own hearts.  
We have offended against your holy laws.  
We have left undone those things which we ought to have done,  
and we have done those things which we ought not to have done;  
and apart from your grace, there is no health in us.  
O Lord, have mercy upon us.  
Spare all those who confess their faults.

Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord.

And grant, O most merciful Father, for his sake,  
that we may now live a godly, righteous, and sober life,  
to the glory of your holy Name. Amen. <sup>1</sup>

<sup>1</sup>Taken from the Book of Common Prayer, © 2019 The Anglican Church in North America