



January 18-19, 2025



### Opening Conversation Starters

- Share a meal together.
- Share an experience from your daily devotions (How is God at work in your life?)
- Share a takeaway from the Weekend Message (What has God been saying?)

### Discussion Questions from Weekend Message (To help you hear *and* practice)

- Share any experiences you have had with horseback riding. Was that a good or bad experience?
- Read [Psalm 32](#). What is the source of joy or blessing according to verses 1-2? How does that compare with [Psalm 1:1](#)? What do you think it means to have a spirit without deceit?
- Pastor Nick said that unconfessed sin keeps us from the life God created for us. How does David describe it in verses 32:3-4? Have you ever felt that way?
- Why do you think David refused to confess, and chose to “keep silent?” Have you ever observed someone stuck like that?
- What did David have to do to get relief according to verse 5? In your experience, what physical and emotional (as well as spiritual) benefits come from experiencing forgiveness and removal of guilt from our lives?
- What other benefits of confession are described in verses 6-7?
- In verses 8-10 we see God’s response to our confession. How does that contrast verses 3-4?
- Sometimes people feel like they must get their lives right (follow God’s instructions) before they can go to God. How does Paul correct this thought in [Romans 4:3-14](#)?
- How will receiving what God offers us in verses 32:8-10 lead to joy in verse 11?

### Prayer Time

Pastor Nick suggested we find people that can help us with the confession process. This might be your life group. Consider breaking into smaller sub-groups and spend some time sharing, confessing, and praying for each other.

### Rhythms of Discipleship

For some further instructions on confession and how to experience it in your group, go to our [Life Groups Website](#), [Leader Helps](#), [7 Rhythms](#), [Freedom from Strongholds](#).

