



Sermon Discussion Guide

March 12th, 2023

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Confession connects us to the good life God created us for.

Life Sharing: (answer one)

1. Describe a time in your life when you felt you needed to hide something about yourself from those around you.
2. Why do Catholic churches have confessional booths?

Transition / Open in prayer:

3. What are some ways to engage with the spiritual practice of confession?

Life Examination:

READ Psalm 32:1-11

4. What does David believe leads to a blessed life?
5. Why does a lack of confession lead to wasted bones and sapped strength?
6. What is the result of confession in verses 6-8?
7. Why is a horse or mule an accurate illustration for those who do not confess their sin?

READ 1 John 1:1-10

8. What is the point of John's words in verses 1-4?
9. What is meant by "walk in darkness" in verse 6?
10. What happens when we walk in the light?
11. What are the steps that move us from unrighteousness to purity?

Life Application:

12. When have you experienced the exhaustion of unconfessed sin? How would you describe it?
13. If you could hear the song that God is singing over your life right now what song would it be?
14. How have you heard, seen, and touched Life, the presence and power of God?
15. What are some ways we can ensure that we are walking in the Light instead of the darkness?

Life Prayers: Pass out post-it notes and invite group members to write down something they need to confess to God. They will not be asked to share the things they write. Pray for one another. During the prayer time invite people to hold the post-it and then tear it up after confessing.