

Life Group Study Guide Psalm 51 and 32

The Storm Inside

King David had sinned against God. The story of his failure can be found in 2 Samuel 11. David committed adultery, then committed murder to cover up the adultery. In 2 Samuel 12, the prophet Nathan confronted David and David then repented.

In Psalm 32:3-4, David used vivid language to describe his feelings after he had sinned and before he confessed his sin to God. Read it aloud as a group.

For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

How have you felt in the past when you've sinned and tried to keep it hidden from God or others?

Diving in to God's Grace

Psalm 51 is David's confession to God. Read Psalm 51.

- 1) How does David describe God?
- 2) What details does David relate about his sin?
- 3) What does David desire from God?
- 4) What does David believe will be the result of his restoration?
- 5) How can David's example in Psalm 51 to help you confess your sin to God?

Freedom

After David's confession, he celebrated God. Read the following verses, and then read Psalm 32.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9).

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth (Ephesians 1:7-10).

- 1) What statements in these verses jumped out to you? Why?
- 2) Do you struggle with feelings of guilt, even after you've confessed your sin to God? What truths do you find in these verses that can help you to allow your knowledge of God's forgiveness to move from your head to where you feel it in your heart?