


A photograph of a family playing in a grassy field. A man in a dark shirt is on the left, a woman in a red dress is in the foreground, and a child is in the background. They are all playing with water, creating a spray of water droplets in the air. The background is a bright, hazy landscape with trees.

# SUMMER PSALMS

## PSALM 32

Commissioner Mark Campbell

- As a group, think of three to five words that sum up Psalm 32 for you.
- In Verses 1-2, David talks about the relief of being forgiven. Can you think of a time when you felt that kind of relief?
- In Verses 3-4, David says keeping silent about his wrongs made him feel weighed down and weak. Why do you think hiding things can feel so exhausting?
- Mark talks about people who avoid their problems, and don't deal with their guilt. What impact do you think avoidance can have on us throughout our lives?
- What impact can avoidance have on our relationship with God and with people around us?
- What do you think is the difference between guilt that's helpful (leading to change) and shame, that just weighs you down?
- In Verse 5, David stops avoiding dealing with his guilt and admits everything to God. What do you think makes it hard for people to take that step – even when they know it might help?
- Mark mentions two verses in Hebrews that speak about our guilty conscience being cleansed. What does it feel like to be cleansed from a guilty conscience? What does it take to have your conscience cleansed?

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- David starts out trying to hide from God (Verse 5), but later calls God his “hiding place” (Verse 7). What do you think changes in a person’s heart when they stop hiding from God and start hiding in him?
  - David messed up in huge ways but still turned back to God, and God did amazing things in and through his life. What does that say about God’s character?
  - What does it tell you about God’s plan and purpose for us when we make mistakes?
  - In what ways does David’s journey to repentance inspire or encourage you?

*Spend time praying for each other.*

