

**Growing Deeper**  
***Riding the Air – Part II***

**Week Three - *Turning Yourself In***  
***Psalm 32:1-5***

**Spend FIFTEEN – Day One**

1. Psalm 32 is attributed to David, the Old Testament King. Read Psalm 32:1-5. From what you know of David, what might have caused him to write this psalm? (See also 1 Samuel 11 and Psalm 51.)
2. Some Bibles title this psalm “The Joy of Forgiveness.” Another calls it “The Testimony of a Forgiven Sinner.” Describe the emotions you perceive in these verses. What is David declaring as true?
3. Let’s focus on verse 1. Read it aloud. How would you define “blessed”?
4. Blessing in the Old Testament means, “to be given a rich and abundant life.” How do you think confessing your sin to God could bring richness and abundance to your life?
5. End your FIFTEEN listening to God. Ask him to reveal how he wants to bless you today.

**Spend FIFTEEN – Day Two**

6. Read Psalm 32:1-2. In Hebrew, this Psalm of Thanksgiving uses three nouns to denote sin and three ways God deals with it. What words does your Bible use for these?
7. The NIV Bible uses the words “transgressions,” “sin,” and “iniquity.” “Transgressions” refers to rebellion against God’s authority. This rebellion has been forgiven with the sense of being “lifted up” and “carried away” like a burden. What does rebellion against God look like in your life? How does it burden you?
8. The two words translated as “sin” convey a failure to keep God’s law and a crookedness or deviation from the right path. Who suffers when we turn away from God’s guidance?
9. Verse 2 declares that David’s failure to keep God’s law has been “blotted out” from the sight of the divine Judge and his crookedness is no longer counted against him; the debt has been cancelled. What is left of David’s sin in the sight of God?
10. What occurred to bring this relief and reconciliation?

11. There is no deceit because David has been honest with himself and with God. How honest are you with God? How honest with yourself?
12. End your FIFTEEN asking God for courage to be honest with yourself and with him.

**Spend FIFTEEN: Day Three**

13. Read Psalm 32:1-5. Focus on verse 3. What are your secret sins?
14. Have you ever kept a sin to yourself and told no one, including God? Why?
15. What are you afraid could happen if these sins are revealed? How do you expect God to react if you “reveal” your sin to him?
16. How did keeping this secret benefit you? How did it damage? What were you longing for?
17. Have you ever experienced physical consequences for unconfessed sin? Emotional? Mental? Spiritual? How did that feel?
18. Think about your current struggles. Could any part of them be related to unconfessed sin? Ask God for courage, honesty, and discernment to see your sin and admit it to him.
19. End your FIFTEEN by reading Psalm 51 as a prayer to God. Consider naming any unconfessed sin God has revealed in place of the words “transgressions” and “sin” in the psalm.

**Spend FIFTEEN: Day Four**

20. Read Psalm 32:1-5. Why do you think David says God is responsible for his heaviness and weakness? Why do you think God would do this?
21. How would you define confession?
22. What are the risks of confession?
23. How is confession counterintuitive?

24. Some define confession as agreeing with God. Do you think God wants us to agree with him for his benefit or ours? Why?
25. What characteristics of God come to mind when you think about confessing? What characteristics of God should encourage you to be more open with him?
26. Read Psalm 103. Meditate on the characteristics of God in this psalm. Then end your FIFTEEN with a time of honest conversation with God.

**Spend FIFTEEN: Day Five**

27. Read Psalm 32:1-5. Reread verse 5. How is God able to forgive sin? Does God just pretend it never happened? Would God be perfectly just if he did?
28. Now read 1 John 1:5-9. What makes forgiveness of sin possible?
29. What is the one thing that makes forgiveness impossible?
30. Forgiveness is a gift, paid for by the death and resurrection of Jesus Christ. To open the gift, you need to admit you need it. Why is that so hard?
31. From Psalm 32 and 1 John 1, what is the impact of confession and forgiveness once we embrace it?
32. The Message Bible translates verse 5 this way, “Then I let it all out; I said, ‘I’ll make a clean breast of my failures to God.’ Suddenly the pressure was gone – my guilt dissolved, my sin disappeared.” The only way to free yourself from the corrosive power of “secret sins” is to do the scariest thing ever...admit it. But therein lies the promise of relief, forgiveness, and freedom. Spend some time in confession. End your FIFTEEN in thanksgiving for the relief, forgiveness, and freedom guaranteed by Jesus Christ.