

Week Two: The Language of Confession

Confession / [kuhn-fesh-uhn] *noun*: acknowledgment; avowal; admission: a confession of incompetence. acknowledgment or disclosure of sin or sinfulness, especially to a priest to obtain absolution.

Discussion Starter: What first comes to mind when you think of the word “confession”? What are some antonyms for “confession”?

Context: This psalm is written by King David. It is addressed to God as a confession of sin, but it is also meant to be heard by everyone gathered for worship.

Scripture and Discussion: Read through the psalm silently for a couple of minutes, then have someone from the group read it aloud.

[Psalm 32](#)

- ¹ Blessed is the one
 whose transgressions are forgiven,
 whose sins are covered.
- ² Blessed is the one
 whose sin the LORD does not count against them
 and in whose spirit is no deceit.
- ³ When I kept silent,
 my bones wasted away
 through my groaning all day long.
- ⁴ For day and night
 your hand was heavy on me;
my strength was sapped
 as in the heat of summer.
- ⁵ Then I acknowledged my sin to you
 and did not cover up my iniquity.
I said, “I will confess
 my transgressions to the LORD.”
And you forgave
 the guilt of my sin.
- ⁶ Therefore let all the faithful pray to you
 while you may be found;
surely the rising of the mighty waters

will not reach them.

⁷You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

⁸I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.

⁹Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.

¹⁰Many are the woes of the wicked,
but the LORD's unfailing love
surrounds the one who trusts in him.

¹¹Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!

1. What do you notice about this prayer of confession? What ideas, images or words stand out to you?
2. How can confession of sin or admission of fault or inadequacy lead to blessedness (v.1)? How does confession demonstrate trust in God's unfailing love (v. 10)?
3. What can this psalm teach us about human nature? What do we learn about God and what He is like?

Group Prayer

Share your concerns and thanksgivings with one another and pray together. You could close your prayer time by reading Psalm 32 aloud together.

Throughout the week, practice turning Psalm 32 into a personal prayer. (See example in "Week One, Psalm 23".)