

**One Heart Group
May 23, 2010**

**The Blessing of Forgiveness
Being free from guilt**

This week's One Heart Discussion focuses on the blessing of being forgiven. There are so many angles to approach this subject. The past two Sundays have focused on being broken before God (5/16) and being free from guilt (5/23). In preparation of this discussion, please read Psalm 32. Here is the outline of the lesson on being free from guilt:

**Hindrances to God-given Joy
Guilt
Psalm 32**

**The Blessing of Forgiveness (v. 1 – 2)
We must understand forgiveness.
We will fully appreciate God.**

**The Burden of Carrying Sin (v. 3 – 4)
High expectations can be destructive.
We keep our sin inside.
Unprocessed Guilt
Anger...Depression...Isolation**

**The Relief of Confession (v. 5)
Constant and Openly to God.
God forgives the guilt of our sin.
What is your view of God?**

**The Danger in Waiting (v. 6-7)
Sin is like quick-sand.
It affects our worship.**

**The Joy of Trusting God (v. 8-11)
God's love brings peace.
God wants a real relationship with us.**

The most important part of this discussion is to point everyone toward God's grace and forgiveness. The freedom of guilt in our hearts will only be found by allowing God to truly do what He wants...not only forgive us of our sins, but also forgive the guilt of our sins. For more study, please see these, as well as many other passages about forgiveness. Col. 1:21-22, Eph 2:1-5, Ps. 51.

One Heart Questions
Sunday, May 23rd, 2010

Breaking the Ice

1. Tell of a time when you were a child that you did something wrong and tried to cover it up or hide from it. When, if ever, did your parents find out? Why did you try to hide it from them? If they did find out, what did it feel like when you finally told your parents what you had done?

Focus on the Passage

Read Psalm 32

2. In the early part of this Psalm, David says he kept silent about his sin. Why do you think he kept silent about it?
3. What do you think it felt like when David finally confessed his sin to God?
4. What do you think can cause us to get so far from God with a sin that we might give up and never reach out to Him?
5. Why do you think David rejoiced once he confessed it, even though there were consequences?
6. What do you think David learned from this that changed his life?

Read Psalm 51:9-12

7. David was broken before God. Name some things that you think brought this about in David's life.
8. How does brokenness help create a clean heart?
9. How does confessing sin to God bring about joy?

Focus on Us

10. What are some things that can keep us from being open and honest before God?
11. What are some burdens that come with carrying sin around in our hearts?
12. How do you think guilt can be used for good and how can it be bad?
13. What are some things we can do to help us be more transparent before God and not let our hearts be captured by sin?