



## **When Guilt Won't Let Go**

### **Psalm 32:1-11**

#### **Only God's Forgiveness Frees You from Guilt's Grip**

- 1) Forgiveness is Desirable (32:1-5)
- 2) Forgiveness is Possible (32:6-7)
- 3) Forgiveness is Optional (32:8-11)

#### **Discussion Questions:**

- Verses 1-2 list four pictures of forgiveness (taken away, covered, not counted, no deceit). Which of these most resonates with your experience or longings, and why?
- Why might someone be tempted to "stay silent" about their guilt, like David did in verses 3-4? What lies or fears often hold people back from confessing sin?
- Verse 5 shows a clear action-result dynamic. What did David do, and how did God respond? Why is that important to remember when we fear coming clean and being transparent about our sin and guilt?
- How does the way David draws on the ark imagery in vv.6-7 help explain what it means to find refuge in God? In what ways is God like an ark in a flood?
- David repeats "you are" three times in v.7. How does his focus shift from guilt to God in these verses? What's the effect of that shift?
- The New Testament specifically cites Psalm 32 as evidence of the greater forgiveness we have by grace in Christ in Romans 4:6-8. How does the broader context of Romans 3:23-4:8 assure us that forgiveness is not just a feeling but a just and permanent reality?
- In vv.8-9, David uses the image of a stubborn animal. What are some ways we act like that spiritually when it comes to guilt and forgiveness?
- Verses 10-11 contrast the sorrow of guilt with the joy of forgiveness. What are the signs in your life that you're living in one or the other? What would it look like to join David's call to "be glad and rejoice" this week?